Sports pg 12

Canada off to finals after downing Swiss

The world's largest global newspaper

metro

MONDAY, JANUARY 4, 2010 metronews.ca

Teach English
and make a world of difference
41 York St.
Free Teach Abroad Seminar 562-8370
Tuesday January 5th @ 7 pm
Teach English or French on a beach in Cuba this Winter
United TESOL International College of Teacher Training
unitedtesol.com
Next TESOL Course : January 12th - 17th

Proroguing worries experts

PARLIAMENT The role of elected representatives will erode further if the federal government makes good on its suggestion to make prorogation an annual event, experts said.

"It's not easy to see how this can work," said David Mitchell, president of the Ottawa-based Public Policy Forum. "It raises the question: Why do we have a Parliament?"

When Prime Minister Stephen Harper suspended parliamentary activity last week until early March, his spokesman called the move "routine," noting it has occurred 104 times previously. Government sources say they are contemplating formally shutting down Parliament at the end of every year.

But the trouble with frequent proroguing is that it disrupts parliamentary activity. Legislation moving through Parliament is killed. And the work that MPs were elected to do in Ottawa is not being performed. THE CANADIAN PRESS

News on the Move

What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 2

Going Green pg 8

A new look at solar power

On the web
Visit metronews.ca for news updates

FRANK GUNN/THE CANADIAN PRESS

Family members watch yesterday as pallbearers carry the casket of Pte. Garrett Chidley to a waiting hearse during his repatriation ceremony in Trenton, Ont. Chidley, three other Canadian soldiers and journalist Michelle Lang were killed Wednesday when the armoured vehicle they were travelling in was struck by a roadside bomb blast near Kandahar city.

Fallen five return to Canadian soil

Families, friends grieve deaths of soldiers, journalist

Grieving family members of five Canadians killed in Afghanistan huddled close against the biting wind as the remains of their loved ones were unloaded from a military plane yesterday in a seemingly endless grim march of flag-draped caskets.

Michelle Lang, 34, the first Canadian journalist to be killed covering the war, was given full participation in the military repatriation ceremony. Soldiers and dignitaries saluted her coffin as it was carried to the line of waiting hearses.

Her loved ones stood alongside the grieving military families as Lang's casket was taken off the plane first, and emerged from beneath a shelter arm-in-arm to bid the award-winning journalist a final farewell.

140 In all, 138 Canadian soldiers and two civilians have died as part of Canada's eight-year mission in Afghanistan.

Michael Louie, the man Lang was to marry this summer, carried a single red rose and wept openly as he approached the vehicle, while others around him pulled each other close.

One by one, the ritual repeated for each of the men Lang died alongside — Sgt. George Miok, 28; Sgt. Kirk Taylor, 28; Cpl. Zachery McCormack, 21; and Pte. Garrett Chidley, 21 — during a bitterly cold and snowy repatriation ceremony at CFB Trenton.

The piper played his sorrowful song as each of the five coffins were carried to the hearses by stoic pallbearers, after being unloaded from the massive military plane carrying such a heartbreaking load.

Hundreds of people lined the fence outside the base, as they often do for the all-too-frequent ceremonies. Many of them said it was no different because Lang was being honoured also, as they hold her as high in their esteem as the soldiers because of the important work journalists do in Afghanistan.

"They're all the same," said Helga Haecker, 71. "They were all doing their job. She went out there to give us an insight what the soldiers are doing."

The five were killed Wednesday when the armoured vehicle they were travelling in was struck by a massive roadside-bomb blast on the outskirts of Kandahar city — the third-bloodiest day for Canadian Forces since the Afghan mission began in 2002.

THE CANADIAN PRESS

Funeral planned for slain officer

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

CZAPNIK The funeral service for slain Ottawa Police Const. Ireneusz (Eric) Czapnik will be held at the Ottawa Civic Centre at 1:30 p.m. Thursday.

Czapnik, 51, was stabbed to death on Dec. 29 while sitting in his cruiser at the Civic Campus of the Ottawa Hospital. It was the first time since 1983 that an Ottawa Police officer was killed in the line of duty.

Ireneusz (Eric) Czapnik

Ottawa resident Kevin Gregson, a 43-year-old RCMP officer on unpaid leave for medical reasons, has been charged with first-degree murder. His next court appearance will be on Thursday.

There will be a mass held tonight at 7 at the St. Hyacinth R.C. Polish Parish on Lebreton Street where Czapnik was a member of the congregation. The mass will be conducted in Polish. Visitation for Czapnik will be held at the Beechwood Cemetery, tomorrow and Wednesday from 2 p.m. to 4 p.m. and 7 p.m. to 9 p.m.

Czapnik was born in Warsaw, Poland in 1958. He immigrated to Canada in 1990 and joined the Ottawa Police Service on April 10, 2007.

Czapnik leaves his wife and four children.

Free Daily News Group Inc., operating as Metro Ottawa 130 Slater Street, Suite 300, Ottawa, Ontario K1P 6E2. Publisher: Bill McDonald

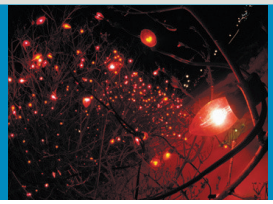
News on the Move IN THREE EASY STEPS

1 DOWNLOAD THE **FREE** SCANLIFE APPLICATION WITH YOUR SMARTPHONE AT 2DSCAN.COM

2 USE THE SCANLIFE APPLICATION ON YOUR SMARTPHONE TO SCAN 2D BARCODES IN METRO

3 THE CODES WILL DIRECT YOUR MOBILE BROWSER TO RELEVANT CONTENT AT M.METRONEWS.CA

Local



Lights on display through Jan. 7

Residents and visitors in the nation's capital have until Thursday to take in the Christmas Lights Across Canada display. The 375,000-light display on Parliament Hill and at 70 sites including museums, historic sites, embassies and other landmarks along Confederation Boulevard will be on from 4:30 p.m. to 2 a.m. nightly through Jan. 7. The program creates a link between the nation's capital and cities across the country. METRO OTTAWA

METRO INTERNATIONAL NEWSPAPER OF THE YEAR 2009 Festival of Media Awards

m.metronews.ca

Scan this barcode for more Local news on your smartphone.
Learn how to scan the barcode with the instructions at the top of this page.

News in brief

ELECTION Candidates interested in running for the 2010 municipal election can file their nomination papers starting today. While Bay Ward Coun. Alex Cullen will announce his intentions this morning, Mayor Larry O'Brien has said he would decide whether or not to seek re-election over the holidays. There are rumours that Ottawa West-Nepean MPP Jim Watson, and councillors Diane Deans and Peter Hume and past mayor Bob Chiarelli may enter the mayoral race. METRO OTTAWA

metronews.ca
What's online today.

Immigration Guidy Mamann on restrictions against refugees claiming work experience to apply for residence at **metronews.ca/immigration**

Lotteries

Friday, Jan. 1
Lotto Max: 7, 9, 13, 18, 27, 33, & 44 Bonus 15
Saturday, Jan. 2
Lotto 6/49: 16, 22, 25, 33, 39 & 48 Bonus 28
Sunday, Jan. 3
Ontario Pick 3: 7 2 7; **Ontario Pick 4:** 4 4 7 4
Encore: 2687888
Daily Keno: 3, 5, 6, 8, 14, 18, 26, 35, 37, 40, 42, 43, 45, 51, 52, 54, 57, 60, 62, 63.
These results are not official.

ADVERTISE TODAY!
1 888 91 metro (63876)

Downhill **Thrills**

TRACEY TONG/METRO OTTAWA

Ottawa resident Rob Faulkner slides down the toboggan hill at the Arboretum yesterday afternoon. The Canadian Forces member, who came out with his son David and friends for some wintery fun, has been coming to the hill for about 40 years.

Opening restaurant wild ride for couple

Dream's realization presented on TV series

TRACEY TONG
tracey.tong@metronews.ca

He was a political strategist who worked on Parliament Hill. She had a background in marketing and communications.

So what do you get when your typical Ottawa couple puts everything on the line to follow a dream of opening a restaurant?

Small successes, a series of messes and a roller-coaster ride of fights, laughter and tears.

A challenge for anyone, but when you're doing it in front of millions of people on national television, it's even tougher.

On Wednesday night, ZenKitchen chef Caroline Ishii and sommelier Dave Loan go from restaurant owners to reality television stars when their 13-part series, The Restaurant Adventures of Caroline and Dave, premieres on W Network.

Several years ago, Ishii, then a consultant, pursued a lifelong passion by attending chef school in New York.

The couple began a personal chef business and started hosting wildly popular monthly dinners.

SUBMITTED PHOTO

ZenKitchen owners Caroline Ishii and Dave Loan will star in a 13-part reality series, The Restaurant Adventures of Caroline and Dave.

They had just begun toying with putting their life savings on the line to open a vegan restaurant when they heard a production company was looking for a couple who was opening their own restaurant.

"We laughed at the idea of having our own reality show," said Loan, but after submitting a last-minute application, they got an offer for their own show in late 2008.

For the next year, a film crew had the keys to the couple's restaurant and their house, filming 50 hours a week at the restaurant, their home, on errands and even during a romantic weekend getaway to Montreal.

"They saw it all," said Ishii. "The fighting, the anger, the depression and the happiness."

"It shows us at our best, at our worst, the problems we face and how we struggle to deal with them," Loan added.

While the pair has not seen all the episodes, they're confident the series will have appeal.

"We wanted it to be a real-life story of a couple," Ishii said. "And it makes a good story. It's a roller-coaster ride every day."

The experience — both of opening a restaurant and starring in a TV show — "stressed and strengthened our relationship," said Ishii.

People will be able to learn from the series, Ishii said.

"Life is short, and you have to follow your dream," she said.

LRT tunnel could face costly complications: Advocate

A local transit advocate has said the price tag for Ottawa's proposed downtown light rail tunnel could rise due to engineering complications, CBC News Online reports.

David Jeanes, head of the transportation advocacy group Transport Action Canada, said digging that far underground to create a a 3.2-kilometre long tunnel between LeBreton Flats and the University of Ottawa — and four underground stations — could present unforeseen complications.

"Ottawa is proposing a tunnel (that) is very deep," he said. Portions of the tunnel will go under the Rideau Canal, and at points will reach depths of more than 100 feet. "It's passing underneath buildings and it's passing through rock that we really don't know much about," Jeanes said.

"Very few other building owners or landowners have ever gone as deep as we need to go for this system."

Ottawa officials have said they have budgeted extra money for problems like hitting fault lines, tricky geological conditions and even old sewers.

But Jeanes said the project could run into problems similar to those encountered by a hydro tunnel project in Niagara Falls, where the cost ballooned to $1.6 billion from $985 million, and its expected completion date pushed back three years.

A senior project manager with the city played down fears the Ottawa tunnel could face similar problems. Dennis Gratton said deep transit tunnels under bodies of water are becoming more commonplace around the world.

METRO NEWS SERVICES

New year IN A New City!

Bearskin Airlines
Let the Bear take you there!

Call 1-800-465-2327 or book online at www.bearskinairlines.com

KITCHENER-WATERLOO FROM $114 ONE WAY!

Now that the holidays are over, why not visit that special someone who you failed to connect with? There is no faster way to get there and *right now* is the best time to save!

Every day and every destination is on sale for travel ending February 28th, but our best value fares are for travel every day between January 7-17 and each Tuesday, Wednesday and Saturday through February 28, 2010.

IT'S ABOUT TIME!

Region of Waterloo INTERNATIONAL AIRPORT

aeroplan Rewarding Life FOR 25 YEARS

Actual discounts vary by city served. Maximum savings 70% off full one way fares on select days. Waterloo fares are one way. Round trip travel and Saturday night stay are required. Call for full details!

Jail death Toronto's first homicide of 2010
For the third time in two months an inmate has died in suspicious circumstances at a Toronto jail. Kevon Philip, 24, died in hospital Saturday afternoon after corrections officers found him unconscious at the Toronto (Don) Jail. It was Toronto's first murder of 2010. TORSTAR NEWS SERVICE

Canada

Widow wants 'the truth'

The widow of one of the men killed in the worst construction accident in the last half century has called for a full public inquiry into the Christmas Eve deaths of four workers who fell 13 storeys from a scaffold in Toronto. "I want the truth," Oksana Afanasenko, left, told The Toronto Star in an interview through a Russian-language translator on Sunday in her North York basement apartment. TORSTAR NEWS SERVICE

Airport security restrictions expected to stay for a while

Canadian officials have little say in decision: Experts

Don't expect tighter security at Canadian airports to relax until the United States gets over its latest air scare, aviation experts say.

The ban on certain types of carry-on luggage on U.S.-bound flights, along with other restrictions, are likely to last as long as the Americans want them to.

"Canada is very much a victim of the United States," said David Gillen, director of the University of British Columbia's Centre for Transportation Studies.

"They're the ones who (are) driving the entire process."

Enhanced security measures have been in place since an apparent terror attack was thwarted on Christmas Day.

Umar Farouk Abdulmutallab, a 23-year-old Nigerian man, was arrested after he allegedly tried to bring down the Northwest Airlines flight from Amsterdam to Detroit.

THE ASSOCIATED PRESS/INTELCENTER

This image taken from a website frequently used by militants to disseminate their messages, purports to show Nigerian Umar Farouk Abdulmutallab. In a statement posted on the website dated Saturday, Dec. 26, al-Qaida in the Arabian Peninsula has claimed responsibility for the attack on a U.S. airliner bound for Detroit on Christmas Day.

The incident prompted authorities to at least temporarily ban carry-on bags on flights into the U.S., though items such as small purses, coats, laptops and medication or medical devices are allowed.

Transport Canada says the restrictions will continue until further notice.

"Right now, we're evaluating everything and our options," department spokeswoman Melanie Lafrance said yesterday. "Until further notice, they're in place."

But the Canadian government actually has little say in the matter, says the head of the Air Transport Association of Canada.

"Transport Canada, I don't think has a word to say in it," said John McKenna, the organization's president and chief executive officer.

"They're going to abide by American decisions on this anyway, because otherwise we'll be denied the right to fly over U.S. airspace." THE CANADIAN PRESS

Small business loan program failing: Report

BUSINESS An Industry Canada loan program for small business continues to lose money and annoy bankers a decade after it was redesigned to avoid those very problems.

A new report on the Canada Small Business Financing Program has found a loan-guarantee portfolio in sharp decline even as losses to the federal treasury mount.

The program, which reimburses financial institutions for losses on defaulted loans, is a tangle of red tape and inflexible terms that has lenders fleeing, says the KPMG study, commissioned by Industry Canada.

"Lenders have identified a heavy administrative burden, which includes a paper-based system, and difficulties with the claim process, as major obstacles," the consultants' report concludes. "It is not profitable to them."

The result has been a sharp drop in the number of loans, hitting a new low of 9,000 — about half the number the program supported in 1999 when it was overhauled to put it on a more business-like footing.

The program has so far guaranteed about $10 billion in small-business loans issued by banks, credit unions and others since 1999, and collects fees based on the size of the loan.

The revenue paid to Industry Canada was supposed to cover the default claims paid out, but the math has never worked in Ottawa's favour.

Claims paid out have risen steadily over the decade, and now top $100 million annually, while revenues have consistently lagged, costing taxpayers a net $335 million so far.

Put another way, cost recovery is currently at only about 60 per cent rather than the 100 per cent that was planned, and is in steady decline. THE CANADIAN PRESS

Olympics boosting B.C. premier

POLITICS B.C. Premier Gordon Campbell is sending strong signals the Winter Olympics are giving him a second political wind, dashing widespread speculation the three-term leader was considering retiring in first place after the Games.

Gordon Campbell

Campbell, who turns 61 in January, says his job is only half finished and he's planning to run for a fourth-straight term in 2013.

Opposition New Democrat Leader Carole James said she's also planning for a third election showdown in 2013. THE CANADIAN PRESS

m.metronews.ca

Scan this barcode for more Canada news on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 2

Al-Qaida-affiliated terror big wig lived in Toronto

SOMALIA One of the most visible leaders of an al-Qaida-affiliated terrorist militia in Somalia spent a year in Toronto ingratiating himself into the Somali immigrant community as a convert to Islam.

Omar Hammami — known to followers as Abu Mansour "Al-Amriki" — married a Toronto woman of Somali origin. Then, after learning Somali ways, he left to join the Horn of Africa's top terror group, Al-Shabab, to wage Islamic jihad and recruit other foreign nationals to the cause, say former friends and relatives speaking publicly of the terrorist's Toronto connections for the first time. TORSTAR NEWS SERVICE

Give yourself the ultimate gift of Health, Fitness & Wellbeing

SHOP ON-LINE at www.FRTraining.ca

Start the New Year off Right!
Avoid the Congested Gym!

Functional Resistance Training

Personal Training
Rehabilitation
Nutrition
Grocery Tours
Shop, Ship & Drop™

www.FRTraining.ca

OVER 60% SOLD

HEART & STROKE LOTTERY

1 IN 3*

BEST ODDS EVER

10 GRAND PRIZES

NEW!

TOP GRAND PRIZE

$1.5 MILLION

PLUS

CASH, CAR & TRIP GRAND PRIZES

MILLIONS IN VEHICLES, CASH, ELECTRONICS & MORE

OR

CASH

SAVE $50
3 TICKETS FOR $250
OR $100 EACH

1-888-551-1111
Ext. 123

HEART & STROKE FOUNDATION OF ONTARIO
Finding answers. For life.

NEW! ORDER ONLINE www.heartandstroke.ca/lottery

Please help support life-saving Heart and Stroke Foundation research.

PICK UP YOUR BROCHURES AT:

ST. CLAIR NISSAN

CRAIG TRAVEL 1-800-387-8890 • www.craigtravel.com

Scotiabank

*Please refer to full brochure for cash outs, prize details, ticket issuing and draw information. Odds of winning are approx. 1 in 3. All inquiries on the odds of winning are to be made to the licensee prior to ticket purchase. Only 240,000 tickets are available. Purchasers must be at least 18 years of age. 68,789 prizes at a value of $10,636,532 (including all taxes and freight) will be awarded. Early bird sales deadline is February 4th, 2010. Final sales deadline is February 9th, 2010. On March 16th, 2010 an advertisement will be placed in the Toronto Star announcing all major winners. A complete list of winners will also be available at www.heartandstroke.ca/lottery. © Bank of Canada – bank note images used and altered with permission. Lottery Licence #: 2073

Retriever saves boy from cougar

A boy, 11, in B.C. was unhurt after his dog attacked a cougar in the back yard. Police shot the cougar; the dog had minor injuries. THE CANADIAN PRESS

Storm lashes East

High waves cause widespread flooding

Cottage owners could do little but look with amazement yesterday at the devastation caused by a storm surge that crashed in off the Northumberland Strait, lifting buildings off their foundations and flooding dozens of homes and businesses.

"It's turned completely around and lifted off its foundation," Terry Murphy said as he examined his small grey cottage in Upper Cape, in southeastern New Brunswick.

Murphy, who is chairman of the local emergency measures committee in nearby Port Elgin, spent all of Saturday night assisting other homeowners through their distress.

The rapidly rising waters and the storm surge forced local officials to declare a state of emergency for several hours.

Police reported three deaths related to the massive winter storm that swept through the Maritimes on Saturday, dumping up to 30 centimetres of snow that was whipped by high winds that caused most of the damage.

Port Elgin fire Chief Steve Alward said his crews were up all night using boats and tractors to help evacuate people who were cut off by water levels that rose several metres above normal.

At its height Saturday, almost 45,000 homes and businesses in Nova Scotia, New Brunswick, and Prince Edward Island were blacked out.

By yesterday evening, about 4,100 customers across New Brunswick were still waiting for the power to be restored.

THE CANADIAN PRESS

THE CANADIAN PRESS/RAY BOURGEOIS

Four-year-old Jayda Morehouse and her father Brad, of Fredericton, shovel out snow after a large winter storm yesterday. Compared to the rest of the province, Fredericton got off fairly easy.

Report calls for Alzheimer plan

Canada needs a national strategy to prepare for a tidal wave of dementia cases in the coming decades that could swamp the health-care system and put a severe drain on the economy, a new report says.

The report by the Alzheimer Society, entitled Rising Tide: The Impact of Dementia on Canadian Society, suggests that cases of the mind-robbing disease will more than double to 1.25 million within 30 years, as baby boomers move into old age.

"The impact of the growth of the population of people with dementia is going to have huge economic consequences," said society spokesman David Harvey, noting that projections suggest direct and indirect costs of the disease will multiply ten-fold.

"Today, someone in Canada develops dementia every five minutes; in 30 years, there will be one new case every two minutes," Harvey said. "If nothing changes, this sharp increase in the number of people living with dementia will mean that by 2038, the total costs associated with dementia will reach $153 billion a year."

The report, prepared over two years at a cost of $150,000, also projects that annual new cases of Alzheimer's and other forms of dementia will more than double to 257,800 in 2038 from the current 103,700 a year.

"There will be a huge impact on the number of people that will be involved in caregiving," said Harvey.

THE CANADIAN PRESS

What could help

- Prevention programs based on healthy diet and physical activity.
- Enhanced skill-building and support programs for family caregivers.
- Assigning a case manager, to each newly diagnosed dementia patient.

News in brief

ACCIDENT Police say a young woman, allegedly playing "chicken" with oncoming vehicles, was killed on the east coast of Vancouver Island Friday after being hit by a pickup truck, CBC News Online reports. RCMP say the 17-year-old woman, identified as Cynthia Bernice Williams, of Port Alberni, B.C., was pronounced dead at the scene. The driver and passenger of the pickup truck were not injured. A 26-year-old man, believed to have been with the victim at the time of the crash, was arrested a short distance away for breaching a no-contact order with her. According to police, no other charges have been laid.

METRO NEWS SERVICES

Toronto Humane Society reopens

More than a month after the Toronto Humane Society's doors were locked amid allegations of animal cruelty, a spokesman says staff at the embattled downtown shelter are anxious to get back to the business of rescuing stray and abandoned pets.

The shelter reopens to the public today, five weeks after the Ontario Society for the Prevention of Cruelty to Animals raided the building and arrested five senior staffers, including former president Tim Trow, on a number of charges, including animal cruelty.

Business operations at the shelter, which houses more than a thousand stray animals, resumed Dec. 29 after a four-week suspension. But Humane Society spokesman Ian McConachie said the society won't be meeting its true mandate until it's working with the public again.

"That's always our first priority, to place these animals into new homes," McConachie said in a phone interview.

All adoptions are being cleared by veterinarians as well as OSPCA workers, who have been put in charge of animal care at the shelter.

Some 109 cats and 25 dogs have been cleared for adoption. THE CANADIAN PRESS

Works of art stolen from French home

About 30 works of art, including paintings by Pablo Picasso and Henri Rousseau, have been stolen from the home of a private collector in southern France, police said Saturday. The theft was carried out while the owners were on vacation abroad and was discovered by a caretaker at the home in the village of La Cadiere-d'Azur. THE ASSOCIATED PRESS

World

Man accused of killing relatives found

A man accused of killing four relatives at a Thanksgiving holiday dinner was captured at a motel in the Florida Keys where police said he had eluded authorities for about a month by checking in under a fake name and address, and hiding his car with a cover. Paul Merhige, 35, pictured, was arrested without a struggle Saturday night after the TV show America's Most Wanted aired and provided the tip that led to Merhige's capture. THE ASSOCIATED PRESS

m.metronews.ca

ScanLife

A new report suggests the U.K. culture of heavy drinking is putting strain on the country's health-care system. Scan this barcode for the full story.

U.S., Britain shut Yemen embassies over threats from al-Qaida

SAN'A The U.S. and Britain locked up their embassies in Yemen yesterday after threats from al-Qaida, and the White House expressed alarm at the terror group's expanded reach in the nation, where an offshoot apparently ordered the Christmas Day plot against a U.S. airliner.

U.S. President Barack Obama's top counterterrorism adviser, John Brennan, cited "indications al-Qaida is planning to carry out an attack against a target" in the capital, possibly the embassy, and estimated the group had several hundred members in Yemen. Security reasons led Britain to act, too; it was not known when the embassies would reopen.

The U.S. is worried about terrorism in Yemen, a U.S. ally and aid recipient, Brennan said, but doesn't consider the country a second front with Afghanistan and Pakistan in the fight against terrorism.

THE ASSOCIATED PRESS

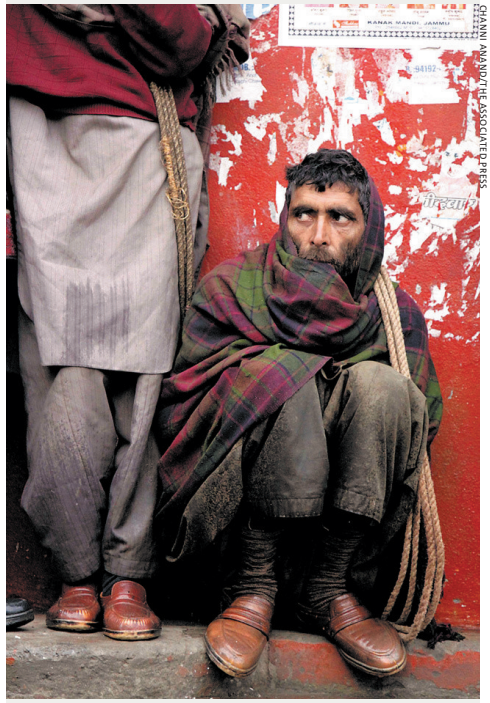
News in brief

AIR ATTACK British intelligence officials knew that the Nigerian man suspected of trying to bomb a Detroit-bound airliner had ties to U.K. extremists but did not consider him enough of a high risk to alert American authorities, a senior British official said yesterday. Officials realized about a year after Umar Farouk Abdulmutallab came to London to study in 2005 that he was in contact with Islamic extremists.

POPE A Vatican spokesman says Pope Benedict XVI's personal aide has visited the young woman who jumped over a barrier and knocked the pontiff down in St. Peter's Basilica on Christmas Eve.

THE ASSOCIATED PRESS

India **Shelter from the storm**



CHANNI ANAND/THE ASSOCIATED PRESS

Labourers wrapped in woolens take shelter from rain on a cold and foggy morning in Jammu, India yesterday. More than 30 people have died in cold weather-related incidents in northern India in the past 24 hours, including 10 people killed in train accidents caused by dense fog.

Search for man grounds flights

NEWARK Authorities were searching for a man who walked through a screening checkpoint exit into the secure side of a terminal last night at a U.S. airport, and flights were grounded and passengers being re-screened, an air safety official said.

A man was seen at Newark Liberty International Airport walking down an exit lane at Terminal C about 5:30 p.m. eastern, said Transportation Security Administration spokeswoman Ann Davis. Screening was halted in the Continental terminal while authorities looked at surveillance tapes to identify the man.

Passengers were moved back from the airport's secure side to go through screening for a second time. THE ASSOCIATED PRESS

EMBASSY OF SWEDEN
IS SEEKING A **HANDYMAN / DRIVER**
(MALE OR FEMALE) PART- OR FULL-TIME EFFECTIVE IMMEDIATELY

Responsibilities: Handyman services (odd jobs, repairs, etc); Drive and look after the Embassy car; Messenger (deliveries and pickups); Administrative support (photocopying, customs clearances, GST claims etc).

Qualifications: Have a practical mind and experience as a handyman; Experienced driver with good knowledge of Ottawa and the surrounding region; Fluency in English; Computer Skills.

Application: Please send your written application including salary expectations, references and other relevant documentation to:
Sweden.ottawa@foreign.ministry.se
or **Embassy of Sweden**,
377 Dalhousie Street, Ottawa, ON K1N 9N8

Deadline is 15 January 2010
Only candidates called for an interview will be contacted.

Selling their stories

Rules against 'checkbook journalism' blurred

Policies forbidding payment for news interviews are being increasingly blurred by U.S. television networks vying for access to accidental celebrities and photos.

Three of the past month's accidental celebrities — Jasper Schuringa, the Dutch tourist who helped thwart an attack on a Detroit-bound plane; David Goldman, who took a custody fight for his son to Brazil; and the White House party-crashing Salahis — have either sought or received goodies from TV networks eager to hear their stories.

Schuringa gave interviews to outlets that had agreed to purchase blurry cellphone images he'd taken of a man who authorities say tried to use explosives to take down the plane. Goldman and his son accepted NBC's offer of a ride home from Brazil on a charter airplane.

Representatives for Michaele and Tareq Salahi, who embarrassed the Obama administration by sneaking into a state dinner, were reportedly seeking six-figure bids from networks to tell their story.

"I don't know if people would have thought of that in the past," said Andy Schotz, head of the ethics committee for the Society of Professional Journalists. "But now often the first thing people think of is to get a publicist, a lawyer and an agent and figure out how to make money" from that notoriety, he said.

The society condemned NBC for "checkbook journalism" with the Goldman trip. NBC said it had already chartered a plane to bring its personnel back from Brazil. But NBC took multiple pictures and interviewed Goldman on the plane before his exclusive interview for the news show Today. A chartered jet from Brazil to New York would cost about $90,000.

THE ASSOCIATED PRESS

Distorting the news

- Policies against paying for interviews are in place to avoid distorting the news. The concern is that news subjects will change their stories to make them more valuable or please those who paid them. Evasion efforts seem centred primarily on ultra-competitive morning news shows and prime-time magazines. These outlets now fight for stories that might have been considered tabloid fodder years ago.

TUESDAY, JANUARY, 5TH
for seniors
60+
save 15%
on sale, clearance and regular-priced merchandise
Plus,
save an extra 15%
on kids' & infants' fashions
when you use your Hbc† MasterCard†* or your Hbc Credit Card
*Some exclusions apply. See below for details.

the Bay
*15% discounts excludes: Women's wear: La Collection, ABS, Groupe JS Collection dresses & suits, Tahari suits, Andy Thê-Anh, Anne Klein New York, Ba&sh, By Malene Birger, Ça Va de Soi, Chaiken Profile, Dana Buchman, Ellen Tracy, Hoss, Laila, Lauren by Ralph Lauren, Mint, Norma Kamali, Tavân & Mitto, Three Quarter, Tara Jarmon, Walter, BAIA Black Label, DKNYC sportswear. Men's wear: West End Shop/Boutique Le Président. Cosmetics & fragrances. Spanx hosiery, Dooney & Bourke handbags, Calvin Klein handbags, Treesje handbags, Kenneth Cole NY handbags. Swarovski crystal, Gucci watches, furniture, major appliances, home entertainment, mattresses, Hbc Gift Cards, pharmacy, licensed merchandise & licensed departments. CA Day discount cannot be combined with New Account Discount. Other exclusions may apply. See in-store for details.

Saddleback Church raises $2.4M from parishioners
Evangelical pastor Rick Warren's plea for donations to fill a $900,000 deficit at his Southern California megachurch brought in $2.4 million. THE ASSOCIATED PRESS

Nuclear plants shut after Brazil mudslide

The mayor of a mudslide-devastated city urged a precautionary shutdown of Brazil's only nuclear power plants yesterday due to blocked highways while the discovery of more bodies raised the region's storm-caused death toll to 75.

27 The dual slides were triggered by 27 centimetres (10 inches) of rain that had drenched the region since Wednesday, authorities said.

Angra dos Reis Mayor Tuca Jordao said that while the nuclear power plants are not damaged or threatened, mudslides that have killed at least 44 people in his city alone have disrupted escape routes needed to cope with any emergency.

"We don't want any risk," said Jordao, whose municipality has about 120,000 people. "We want to avoid a future problem."

There was no immediate response from senior authorities, but officials of Brazil's state-run nuclear energy company Eletronuclear said a temporary closure of the plants would not seriously hurt the country's power supply, according to Globo TV. On Saturday, before the mayor's request, the company said a shutdown was not necessary.

Crews using rescue dogs, heavy machinery, boats and helicopters took advantage of improved weather on Sunday to hunt for any survivors from the Angra dos Reis slides.

A civil defence spokeswoman said two bodies were recovered in the Carioca slum — where 15 people died — and two on the Ilha Grande island, where at least 29 died when a hillside collapsed on a vacation resort and neighbouring houses on New Year's Day. The spokeswoman declined to be quoted by name, in accordance with goverment policy.

THE ASSOCIATED PRESS

Palestine no longer torturing Hamas inmates

PRISON Palestinian security forces in the West Bank have stopped torturing Hamas prisoners, ending two years of systematic abuse, Hamas inmates told The Associated Press in interviews.

The change in practice, said to have taken effect in October, was confirmed by a West Bank Hamas leader, human rights activists and the Palestinian prime minister. It defuses a potential problem for Washington since the U.S. has been closely involved in training Palestinian troops under the control of Western-backed President Mahmoud Abbas, a rival of the Hamas militants.

Hamas legislators and human rights researchers said they still get sporadic reports of prisoners being slapped or forced to stand for several hours during interrogation. And security forces continue to keep a close watch on Hamas activists and holding them for lengthy periods without charge.

However, they said the worst abuses — prisoners beaten with clubs and cables, suspended from the ceiling while tied up in painful positions and forced to stand for days — have ended.

Palestinian Prime Minister Salam Fayyad confirmed a "dramatic change for the better" in West Bank prisons and said 43 officers have been jailed, fired or demoted for abusing prisoners.

In an interview, he denied torture was ever official policy, but acknowledged past "excesses" that he said stemmed from a flawed culture of revenge.

THE ASSOCIATED PRESS

MAJDI MOHAMMED/THE ASSOCIATED PRESS

Palestinian Prime Minister Salam Fayyad speaks Thursday during an interview in his office in the West Bank city of Ramallah.

Travellers from some nations to face extra screening by U.S.

SECURITY The Transportation Security Administration says passengers flying into the United States from certain countries will be subject to enhanced screening techniques, such as body scans and pat-downs.

Starting today, all passengers on U.S.-bound international flights will be subject to random screening.

Additionally, anyone travelling from or though nations regarded as state sponsors of terrorism — as well as "other countries of interest" — will be required to go through enhanced screening.

The State Department lists Cuba, Iran, Sudan and Syria as state sponsors of terrorism. The other countries whose passengers will face enhanced screening at airports include Afghanistan, Algeria, Iraq, Lebanon, Libya, Nigeria, Pakistan, Saudi Arabia, Somalia and Yemen.

THE ASSOCIATED PRESS

News in brief

MEXICO A bus carrying farm workers and their families home plunged off a cliff in northern Mexico on Saturday, killing 14 people and injuring 21. The bus was travelling along a winding stretch of highway before dawn when it veered off at high speed over a cliff halfway between the border cities of Tijuana and Mexicali, according to reports from police and prosecutors. Baja California state prosecutors said the bus fell about 100 metres and broke in two, scattering luggage, seats and passengers along the slope below the highway. THE ASSOCIATED PRESS

Avalanches kill 4 in Alps
Police say at least four people have been killed in two separate avalanche incidents in the Swiss Alps. Police say at least three people died yesterday in the Diemtig Valley. In a separate incident yesterday, a man was killed by an avalanche near the town of Verbier. THE ASSOCIATED PRESS

London blast injures 11

EXPLOSION Police say 11 people have been injured in a gas explosion that severely damaged apartments in the town centre of Shrewsbury 265 kilometres northwest of London.

Police say two of the injuries are serious, including a woman who suffered severe burns and a man with spinal injuries.

The blast yesterday demolished apartments and a shop, and damaged neighbouring apartments.

Residents say the explosion caused buildings in the neighbourhood to shake, and triggered heavy smoke and flames. Debris littered the streets.

The explosion and cleanup caused major delays for motorists, as part of the town centre was closed to traffic.

THE ASSOCIATED PRESS

Gaza **Day of rest wraps up**

HATEM MOUSSA/THE ASSOCIATED PRESS

Ultra-Orthodox Jewish men of the radical Neturei Karta group are seen at the end of the Jewish sabbath in Gaza City Saturday. A few members of an anti-Zionist Jewish sect have spent the Jewish sabbath in Gaza with some of Israel's most bitter enemies, the militant Islamic group Hamas.

News in brief

QUAKE About 20,000 people were left homeless in the impoverished Central Asian nation of Tajikistan after an earthquake levelled their homes in a mountainous region, officials said yesterday. No deaths were reported after the magnitude 5.3 quake struck the Pamir Mountains Saturday, the Emergency Situations and Civil Defence Committee said. Hundreds of mud-brick houses in several villages in the Gorno-Badakhshansky region were damaged. THE ASSOCIATED PRESS

Iranian reporter's sentence upheld

The wife of a prominent Iranian journalist says an appeals court has upheld his conviction on a charge of spreading propaganda against the ruling Islamic establishment.

The court also confirmed Ahmad Zeidabadi's sentence of six years in prison, five years of internal exile in a remote desert town and a lifelong ban on political activity.

The journalist and former student leader was among more than 100 political figures and activists tried together in the aftermath of Iran's disputed June election.

His wife, Mahdieh Mohammadi, says her husband's lawyer informed her of the appeals court's ruling yesterday.

The mass trial and a crackdown on street demonstrations has failed to silence Iran's opposition movement.

THE ASSOCIATED PRESS

Mexico not backing down

Just two weeks after a chilling reprisal attack for a military raid that killed a reputed drug boss, police have captured one of his brothers, sending a strong message that Mexico will not back down in the drug war.

A judge ordered Carlos Beltran Leyva held for at least 40 days while officials investigate possible charges of organized crime, illegal arms possession and using illicit funds, the Attorney General's Office said in a statement yesterday.

The Public Safety Department announced Saturday night Beltran Leyva was arrested in Culiacan, the capital of the Pacific coast state of Sinaloa, where he and several of his brothers were born and allegedly started their gang.

His brother Arturo, the alleged chief of the Beltran Leyva cartel, died during a two-hour shootout with marines in the city of Cuernavaca on Dec. 16. He was the highest-ranking drug suspect taken down since President Felipe Calderon sent tens of thousands of soldiers and federal police across the country three years ago to fight brutal drug gangs.

Mexican officials in the past have described Carlos Beltran Leyva, 40, as a key member of the gang, but it was unclear if he took over as chief of the cartel after his brother died.

A third brother, Alfredo, was arrested in January 2008. At least one other brother, Mario, remains at large and is listed as one of Mexico's 24 most-wanted drug lords.

Carlos Beltran was not included on the list, although the Public Safety Department said there had been a warrant for his arrest since 2008.

The arrest gave Calderon back-to-back victories in the drug war and underscored the government's determination to destroy the Beltran Leyva cartel despite the threat of reprisal attacks.

Days after Arturo Beltran was killed, gunmen massacred the mother and three other relatives of the only marine who died in the Dec. 16 shootout in Cuernavaca. The brutality of the attack — staged just hours after the marine was buried in a public ceremony — shocked Mexicans who have increasingly been numbed by daily reports of drug violence.

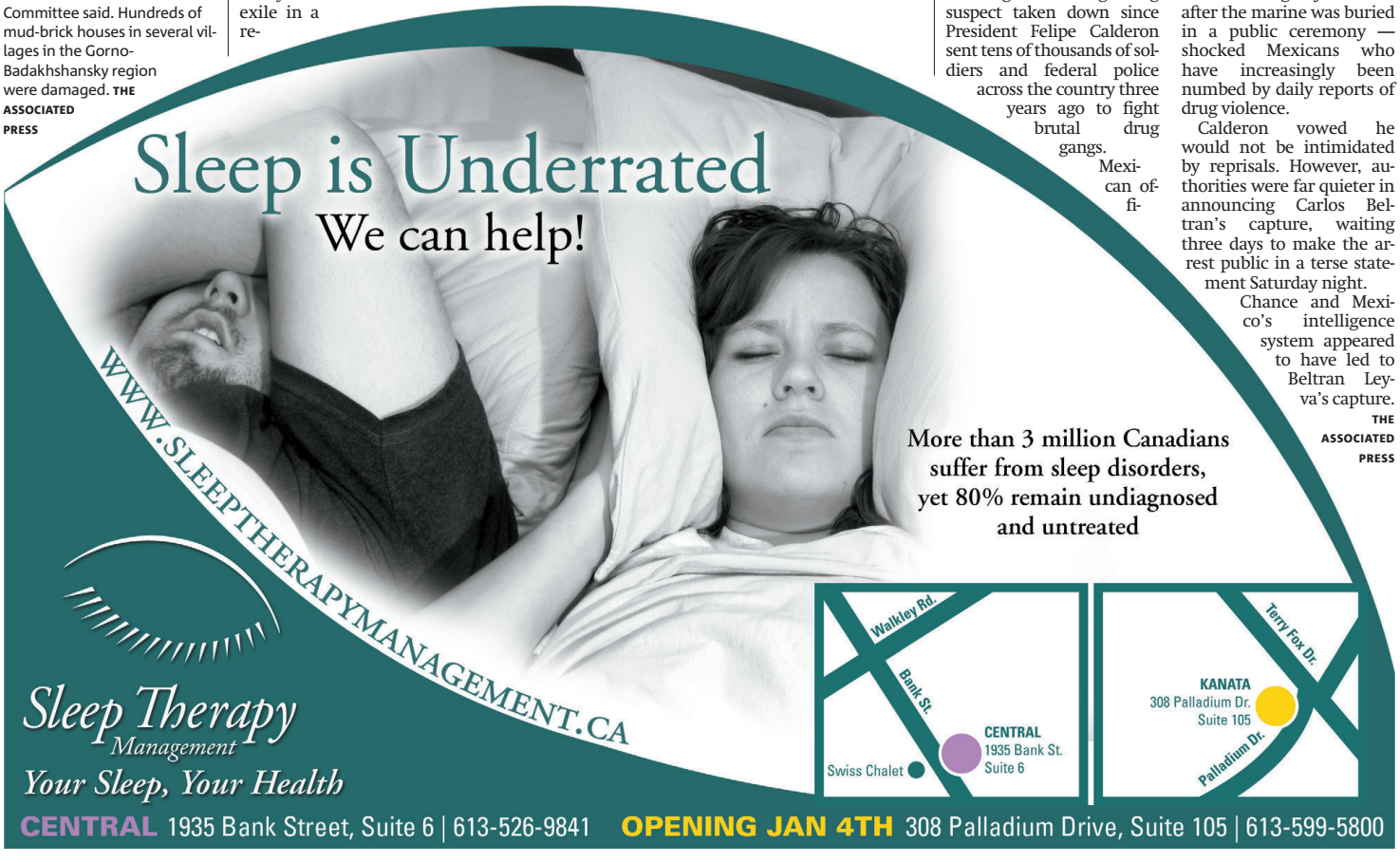
Calderon vowed he would not be intimidated by reprisals. However, authorities were far quieter in announcing Carlos Beltran's capture, waiting three days to make the arrest public in a terse statement Saturday night.

Chance and Mexico's intelligence system appeared to have led to Beltran Leyva's capture.

THE ASSOCIATED PRESS

Echos of the past

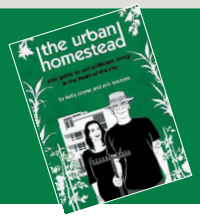
- The recent blows to the Beltran Leyva cartel mirror the downfall several years ago of two other brothers who ran a notorious, Tijuana-based drug trafficking outfit. In February 2002, police fatally shot drug lord Ramon Arellano Felix, then arrested his brother Benjamin a month later.



Computers still active in sleep mode

Did you know the energy savings from turning your computer off when not in use could pay for your next computer system, in full? It may surprise you as well, but screen savers do not save energy and many computers still consume more than 15 watts in sleep mode. Turn it off and start saving. METRO NEWS SERVICES

Going Green



Urban farming

The Urban Homestead: Your Guide to Self-Sufficient Living in the Heart of the City ($12), is a hands-on guide to help you harvest your own vegetables, raise city chickens and convert your home to solar energy. METRO NEWS SERVICES

EDITOR: BEN.RYCROFT@METRONEWS.CA

The changing face of solar power

Latest prototypes challenging the way the world looks at renewable energy

NADIA LODDO
Metro World News

The sun is their only motor.

That's what two innovative prototypes have in common, along with the fact that they're Swiss projects and that, by 2011, they will be taking up the challenge of doing a world tour using no other energy than what our lucky star can supply.

Solar Impulse, by sky, and PlanetSolar, by sea, aspire to become the ambassadors of a green mobility revolution.

SOLAR IMPULSE

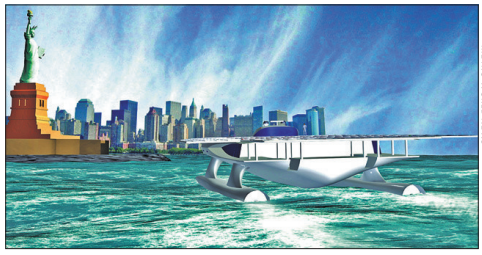
"Zero fuel, zero emissions, zero pollution," — that's the motto of the Solar Impulse project, a plane that flies using only solar energy — by day and night. Two hundred photovoltaic panels cover its 60-metre wings — the same span as an Airbus A340. When the sun shines, the electricity produced is transferred to the motors and at the same time, the turbines recharge the batteries with the surplus energy.

METRO WORLD NEWS

A solar plane from Solar Impulse will be soon flying around the planet.

This prototype sets itself apart from previous projects because of its "human dimension," said Claude Michel, in charge of the Solvay-Solar Impulse partnership.

Solar Impulse has a pilot on board — uncommon for solar projects. To have enough power to bare the weight of a man, the key is lightness: "When you don't have a lot of energy, you've got to save it," said Michel. "Consider that 1 kg less on a plane, means 144 liters of fuel saved over a year. That's 500 kg of CO_2."


METRO WORLD NEWS

A solar boat from PlanetSolar will take to the seas in 2010.

The first test flights will be run by the end of this year and, in 2011, Solar Impulse should be the first solar plane to undertake a tour around the world.

It's not destined for commercial use but it does have agricultural potentials.

PLANETSOLAR

The same optimism in green solutions, research and technological advances, is at the origin of the PlanetSolar project. This 30 metre long and 35 metre wide catamaran is covered by 470 of photovoltaic panels.

"Technology and knowledge, which can allow us to live in harmony with nature, are already available now," said the Swiss skipper Raphaël Domjan, founder of PlanetSolar. "We have to show the world that these solutions exist, work and are economically viable."

Under construction since Jan. 2009 in Germany, the boat will take the seas in May 2010 at the Hamburg Port Festival.

After a first tour of Europe, PlanetSolar will be sailing the world's oceans. On board, Raphaël Domjan and his well-known partner, the French skipper Gérard d'Aboville (first man to row across the Atlantic ocean alone), will make stops along their journey to raise awareness on the power of renewable energies.

Green Tips in brief

COMPUTERS More than three-quarters of computers sold in the Canada each year end up in a dump. That's why computers and other electronic waste make up 70 per cent of the lead, cadmium, and mercury in landfills, according to Kim McKay and Jenny Bonnin's True Green @ Work: 100 Ways You Can Make the Environment Your Business. Instead of pitching it, recycle it. Give it to the non-profit iRecycle Computers.

LIGHTERS More than 1.5 billion disposable lighters end up in landfills or incinerators every year, according to Gillian Deacon's Green For Life. They carry an ugly environmental legacy — the casings are made of petroleum-based plastic, and the butane fuel is a petroleum product. Use cardboard matches instead. They are made from recycled paper and have the ability to decompose faster.

ATM RECEIPTS Around one billion ATM transactions occur each year in Canada and most of them will spit out receipts when you're done. That's a lot of unnecessary paper. You should instead consider keeping tabs over your transactions online. If 10,000 people decided to do that, together they'd save a roll of paper more than 460 metres long, according to The Ideal Bite.

METRO NEWS SERVICES

af Alliance Française
Language Training & Cultural Centre
WARM UP YOUR FRENCH!

Discover our French Programs
PART-TIME:
7 weeks - 28 Hours - Mornings or Evenings
INTENSIVE:
Half Day or Full Day - Mornings or Afternoons
YOU CAN REGISTER NOW!
To know more about our language training programs:
Alliance Française of Ottawa
613-234-9470
www.af.ca/ottawa - info@af.ca
NEW Session Starts on Jan. 11

Make Your Resolution a Reality!
Lose weight, guaranteed.
And...your first
15 lbs are FREE![†]
Call for your free, no-obligation consultation
1-800-254-4895
†See in-store for details. Offer available until February 13, 2010.
Herbal Magic © 2010. All rights reserved.
Herbal Magic WEIGHT LOSS & NUTRITION CENTRES

YOU COULD WIN
A TOM TOM GPS
COURTESY OF THE BOOK OF ELI

IN THEATRES JANUARY 15
ENTER FOR YOUR CHANCE TO WIN! metronews.ca
No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes January 10, 2010 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.
metro

YOU COULD WIN
WIN A RUN OF ENGAGEMENT PASS TO SEE SHERLOCK HOLMES

IN THEATRES NOW
ENTER FOR YOUR CHANCE TO WIN!
metronews.ca
No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes January 10, 2010 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.
metro

Synthetic trees are being developed to help deplete the CO2 levels in the world.

4 Inventions to look for

Green is everywhere. There is not one day where you don't see a green message.

And there is now a very lucrative market for green inventions. From simple devices to major discoveries. Here are four inventions that may change our future.

SYNTHETIC TREE

Q Trees are very important for our air quality. But is there enough left on the planet? A researcher invented a synthetic tree that can get rid of CO2. Klaus Lackner, from Columbia University in New York speak on how is invention works?

A The leaves are made from a plastic material that absorbs CO2 when it is dry and releases it again when it is moist. Standing in the wind the sorbent material loads up with CO2, it is then transferred into a chamber, from which the air can be removed and moisture is introduced. The plastic (a resin) releases CO2 into the chamber, which is pumped out and compressed to liquid CO2.

ERASABLE PAPER

Q Xerox is working on an erasable paper that can be used multiple times. Bill McKee, of the public relations at Xerox Canada talks about the erasable paper. How is it possible to create erasable paper?

A The paper itself is just real paper, with a very thin coating of chemicals that contain light activated molecules. We pass it through a printer with an ultraviolet light bar that changes the colour of the pixels. The molecules change colour with the UV light and then through heat, erases everything on the page.

ANTI-POLLUTION CONCRETE

Q French company Ciments Calcia is proposing an anti-pollution concrete. Project manager Olivier Fourcault talks to us about it. How can you make anti-pollution concrete?

A The concrete doesn't absorb the pollution but it decomposes pollutant gases by chemical reactions produced by ultraviolet rays. We need to find other ways to get better air quality. By finding antipollution coating for frontage. And why not try to find solutions for interior pollution.

SOLAR CELLS PAINTING

Q Solar panels are heavy and expensive. Think about painting rooftops with solar cells! Ted Sargent, from the Canada Research Chair in Nanotechnology at the University of Toronto explains us how it works. How can you do solar panels with paint?

A We grow our semiconductors in solution: specifically, we use as solvent a very pure form of olive oil (think of it as extra-virgin!) that forms little pillows around nanometer-sized semiconductor particles. Because the crystals are so small, and are so well-protected with their shell of olive oil (oleic acid) molecules, they can be dispersed in a solvent — just like paint. The invention is still in the research phase. It will be usable wherever solar cells are used today (rooftops, solar farms, solar-charging cellphones) and beyond.

VINCENT FORTIER/
METRO WORLD NEWS

Sushi craze depleting bluefin tuna

ELISABETH BRAW
Metro World News

Sushi remains in vogue.

She's beautiful. She's fast. She's smart. But she may soon be gone forever. The bluefin tuna has fallen victim to the global sushi vogue.

"When it comes to bluefin tuna, oceans are like the Wild West," says Phil Kline, a veteran commercial fisherman who now works for Greenpeace. "There's no enforcement of rules, and fishing companies are making a huge profit."

In theory, depleting fish is illegal, but for bluefin tuna, the reality is very different. In 1940, the world had 1.2 million metric tons of bluefin tuna. Sixty years later, it had less than 0.2 metric tons. "Fishing methods have become very efficient," says Richard Ellis, author of the recently released book Tuna: Life, Death and Mercury. "But the market is the driver. The sushi craze is the main reason for the near-extinction of the bluefin tuna."

HAPPY NEW YEAR!
This year, save up to $500 on your home phone bills!
Bell
Bell Home Phone Choice
$68.79/month
VoiceMail
Call Display
Call Waiting
Call Return
Three Way Calling
Call Forwarding
Includes
UNLIMITED Calling to Canada & U.S.A.
Rogers
Rogers Extra Value Plan
$41.31/month
VoiceMail
Call Display
Call Waiting
Call Return
Three Way Calling
Call Forwarding
Includes
1000 Minutes to Canada & U.S.A.
comwave
One-Rate Plan
$29.95/month
Includes
UNLIMITED Calling to Canada & U.S.A.
VoiceMail
Call Display
Call Waiting
Call Return
Three Way Calling
Call Forwarding
And Much More!
BONUS: 6 months FREE!!
ALL FEATURES FREE!
Voicemail
Caller ID
Call Waiting
Call Forwarding
Enhanced
$14.95/month
UNLIMITED Local Calling
All Features FREE
Unlimited Canada
$19.95/month
UNLIMITED Calling to Canada
All Features FREE
One-Rate
$29.95/month
UNLIMITED Calling to Canada & U.S.A.
All Features FREE
Global
$39.95/month
UNLIMITED Calling to 25Countries!
All Features FREE
LIMITED TIME OFFER
6 MONTHS FREE!
Satisfaction Guaranteed!
Keep Your Existing Phone Number!
comwave
613-216-6096
www.comwave.ca
While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911The Global The Rates of $41.31/month and $68.79/month are as advertised on http://www.homephonechallenge.ca on Oct. 5 2009. Home Phone plan is limited to 3000 minutes per month. Excess minutes used will be billed at 3.99 cents per minute. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T. One Rate plan does not include calls to the Yukon, Nunavut, N.W.T, Hawaii or Alaska. The rates are based on a 3 year term. Satisfaction Guaranteed within 90 days. If you are not 100% satisfied, you may cancel your home phone service no questions asked. Rate guarantee is based on competitors lowest advertised rate for like services. The 6 months free promotion does not apply to the Global Home Phone Plan.Limited to 3000 minutes per month. The rates are based on a 3 year term. 6 Months Free - You get 3 months free immediately upon activation of the service. Get an additional 3 months free if you transfer your existing Home Phone Line to Comwave within the first 3 months. Terms and conditions apply, see www.comwave.net for details

OTTAWA
Managing Editor, Tracey Tong
Sales Manager, Dara Mottahed
Distribution Manager, Bernie Horton

METRO CANADA
Group Publisher, Bill McDonald
Editor-in-Chief, Charlotte Empey
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt
Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mrktng Director, Jodi Brown

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA
METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

Taking a look at the year ahead

Gaze with me into the crystal ball (alternately, any grime-encrusted bus window will do) as we read the portents for the year ahead in Ottawa transit.

Even with my limited prognosticative abilities, I can confidently predict, like clockwork, another fare hike in 2010.

The price increase was originally set at 7.5 per cent before the transit committee recommended it be dropped to 3.5 per cent to ease the burden on people who can least afford it, and council as a whole, eye on the tax rates, cranked it back up to 7.5. Where she stops, nobody knows.

In addition to paying more, riders can expect to get less. Currently, $3.5 million worth of route cuts, and reduced weekend and evening service on some surviving routes comprise the rest of the city's fiendishly clever plan for boosting ridership in 2010.

Also sometime in the coming year, barring further obstinacy, OC Transpo and its drivers should finally — finally — have an agreement on scheduling, the key sticking point that led to the transit strike in 2008. Not a year too soon, either, as this endlessly delayed contract will run out in spring 2011.

Light rail service will not begin this year or any year terribly soon. The Ontario government's $600-million funding pledge for the first phase, the cost of which is currently estimated at $2.1 billion, has so far failed to elicit a similar commitment from the feds.

Further clouding the picture is a municipal election in November. The last time we had one it resulted in the death of our original, cheaper, $1-billion plan — for reasons of cost, no less. This budget-conscious cancellation cost $100 million in penalties and legal fees.

Incidentally, voter turnout was at a record high in the 2006 election. Embarrassingly, that record was 54.4 per cent. A little more than half of the electorate actually showing up is nothing to brag about, but in the election before that, only 33 per cent of us bothered.

Here's hoping we can do better this year, and in particular that those who care about public transit will get up and do something about it.

Steve Collins lives, writes and walks in Ottawa; ottawaletters@metronews.ca

Views

Ways to make any day seem brighter

Jan. 4. The holidays are over and today we go back to work or school or to wishing we had work or school. February (proof that God hates us) is just 27 cold, bleak days away.

But, I ask you, is this any reason to be feeling down? The answer: Of course it is.

Help is at hand. Here's a list of five ways to make any day seem brighter.

1 Make a list of things you DON'T have to do today. This might include: Today, I don't have to enter a witness protection program.

2 Limit your bad new intake. Studies show that the less bad news we hear, the happier we are. As a general rule, the only bad news we really need to hear is limited to: The building you are in is on fire.

Bad news we don't need to hear includes: The fact that chocolate comes from beans doesn't make it a health food.

3 Hit the drugstore and make note of the products you don't need ... at least at the moment. For instance, I myself was darn glad to realize that I don't currently need hemorrhoid medication, head bandages or foot fungus cream.

Tips: Don't spend time in the "family planning" section thinking, "Well, I certainly don't need condoms or strawberry scented lubricant gel," as this can have the opposite effect to making you feel better.

4 Buy one of my books. This is 100 per cent guaranteed to create happiness. If only for me.

5 Make a list of the ways in which your life is better than Halle Berry's. For many of us, this may be a short list. And limited to, "I don't have to choose yet another fabulous dress to wear to yet another fabulous event."

Have a great day!

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

MICHAEL DE ADDER

Tell us your views by email to ottawaletters@metronews.ca or comment on metronews.ca or on Twitter @metrootttawa
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Ottawa 130 Slater Street, Suite 300, Ottawa, ON K1P 6E2; Tel: 613-236-5058 • 1-888-916-3876; Fax: 1-866-253-2024; Advertising: 613-236-5058 • adinfoottawa@metronews.ca; ottawa_distribution@metronews.ca

Have LASIK Now. Pay in 2011!
LASIK MD VISION
LASER VISION CORRECTION
Starting at
$490 TAX /eye*
$0 DOWN
$0 PAYMENTS
0% INTEREST
UNTIL JANUARY 2011†
Dr Pierre Demers M.D., FRCSC 40 000 procedures
Dr Avi Wallerstein M.D., FRCSC 50 000 procedures
Dr Ralph Zabel M.D., FRCSC 25,000 procedures
FREE Consultation: 1-877-769-3030 • www.lasikmd.com
OTTAWA: Chambers Building, 42 Elgin Street
Intralase SBK Available
Accord D Desjardins
* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only. † Subject to Desjardins Card Services credit approval. Patients must call to schedule their FREE consultation on or before January 18, 2010. Surgery must be completed on or before February 28, 2010. Applicable to Advanced Custom Wavefront treatment only.
Québec | Montréal | Kingston | Toronto | Hamilton | Waterloo | Calgary | Edmonton | Vancouver

RIM's Balsillie named Business Newsmaker of the Year
Research In Motion CEO Jim Balsillie was named Canada's 2009 Business Newsmaker of the Year, as chosen in a survey of editors and broadcasters by The Canadian Press. Balsillie made many headlines last year for his tenacious, yet failed attempt to land the Phoenix Coyotes. METRO NEWS SERVICES

Business

DOLLAR	N.GAS	OIL	TSX
US $95.15¢ (Thursday's close)	US $5.527 (Thursday's close)	US $79.36 (Thursday's close)	11,746.11 (Thursday's close)

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Aerospace industry hopes for rebound

AIRLINES When the Boeing Dreamliner 787 took to the skies for its first test flight in mid-December, it carried the hopes of the aerospace industry with it.

Boeing is betting that this smaller, fuel-efficient jet will spur demand from airlines, which will use it to fly routes all year-round that would otherwise be too expensive.

"In 2009, orders absolutely tanked." David Stewart, AeroStrategy consulting

Last year was a difficult one for Canada's aerospace industry.

After enjoying an unprecedented boom from 2006 to 2008, the industry was hit by sinking demand for business jets, a higher Canadian dollar and airlines delaying delivery of new aircraft.

"From the manufacturing perspective, clearly the recession means hard times are being had," said David Stewart, partner with AeroStrategy consulting. "In 2009, orders absolutely tanked."

But experts say some sectors of the aerospace market are doing well. For example, companies that focus on maintenance, repair and overhaul, known as MRO, are seeing brighter days.

Overall, Canada's aerospace market is the fifth biggest in revenue behind the U.S., Britain, Germany and France.

For most industries, the big drop in activity came at the end of 2008. It stabilized and is beginning to grow again in recent months. Aerospace is a lagging sector, meaning it is one of the last to feel the effects of the recession, and tends to recover more slowly than others. TORSTAR NEWS SERVICE

m.metronews.ca

Scan this barcode for more Business news on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 2

Dubai **World's tallest building**

KAMRAN JEBREILI/THE ASSOCIATED PRESS

Dubai is set to open the world's tallest building amid tight security today, celebrating the tower as a bold feat on the world stage despite the city state's shaky financial footing. Burj Dubai is more than 800 metres tall and has more than 160 storeys, the most of any building in the world.

U.S. consul general has 'eyes' on oilsands

ALBERTA A career diplomat is keeping a close eye on the failures and successes within Alberta's oilsands and is reporting what she learns to the administration of U.S. President Barack Obama.

Laura Lochman, the U.S. consul general responsible for Alberta, Saskatchewan, Manitoba and the Northwest Territories, has essentially become the eyes and ears for the White House since her appointment in Calgary last June.

"Our job in the consulate is to communicate back to Washington, back to the policy-makers, what's really going on here.

"Because policy, at least theoretically, should be based on fact and reality," Lochman told The Canadian Press.

THE CANADIAN PRESS

Business in brief

GAS Calgary-based EnCana's long-awaited Deep Panuke gas project is set for production this year and could breathe new life into Nova Scotia's sluggish offshore sector, but it won't resuscitate the province's economy overnight after drowning in red ink, say analysts and industry experts.

TELEVISION Many questions remain for cable TV viewers in the U.S. even after Fox and Time Warner Cable settled their spat with a New Year's Day deal. The deal was good news for more than six million Time Warner customers in the short term: College bowl and NFL games, American Idol and a host of other popular Fox programs in New York, Los Angeles, Dallas, Orlando, Fla., and other markets are appearing on their screens as usual.

METRO NEWS SERVICES

'Cautious optimism'

Canadians have hope for economy in 2010: Survey

Uneasy, recession-weary Canadians are divided on the future of the country's economy but seem to hold much more hope for the year ahead, new research from the Royal Bank of Canada suggests.

60% 60 per cent of people in Canada think the national economy will improve over the next year, according to research from the Royal Bank of Canada.

According to the data, 60 per cent of people across Canada think the national economy will improve over the next year, after a relatively grim 2009 spent in a recessionary hangover from the global financial turmoil of 2008.

The results of the national survey, which queried Canadians on a number of issues, including how they felt about their job security, elicited a feeling of muted cheer from Craig Wright, RBC's senior VP and chief economist.

"We're viewing it with cautious optimism," Wright said.

"Cautious, given the current environment and the heightened uncertainty. But optimism, in that things are expected to get better as we move through the year."

The key indicator for Wright was responses to questions about job anxiety, about the fear they or someone they love is teetering on the brink of job loss.

The RBC data shows that 21 per cent of Canadians, roughly one in five, are worried that somebody in their immediate household is in danger of losing his or her job.

That number is down from 27 per cent in December from the previous month — a sign that, gradually, the number of people who feel endangered by layoffs is going down, as the economy begins to grow again.

"We saw an improvement, a reduced anxiety about job losses," Wright said. "And that's a good news story. Because when consumers have jobs, they have incomes and confidence to spend."

TORSTAR NEWS SERVICE

Another Canadian skier hurt

Canada's ski team has received yet another blow. Anna Goodman of Point-Claire, Que., suffered a suspected torn anterior cruciate ligament when she crashed and slid off course at the next-to-last gate in her first run of a World Cup slalom yesterday. THE CANADIAN PRESS

Sports

Johnson joins 2,000-yard club

Chris Johnson became the sixth player in NFL history to rush for 2,000 yards in a season, then scored the go-ahead touchdown on a one-yard run with 4:33 remaining to send the Tennessee Titans to a 17-13 victory over the Seattle Seahawks yesterday. Johnson joined Eric Dickerson, Jamal Lewis, Barry Sanders, Terrell Davis and O.J. Simpson in the 2,000-yard club. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Canada through to final

WORLD JUNIORS

Canada 6 Switzerland 1

Marco Scandella scored short-handed and Taylor Hall had two goals as Canada booked a ticket in the final of the world junior hockey championship for the ninth year in a row with a 6-1 victory over Switzerland yesterday.

Canada will play the winner of the Sweden-U.S. game later last night in the final tomorrow (TSN, 8 p.m. ET). Canada has won a medal in 11 straight world junior tournaments and is gunning for a record sixth straight gold.

Switzerland, which pulled out a stunning 3-2 overtime win in the quarter-finals over Russia on Saturday night, will play for the bronze medal. The only world junior medal won by the Swiss was a bronze at the 1998 tournament.

Jordan Eberle, Brayden Schenn and Stefan Della Rovere also scored for Canada, which outshot the Swiss 44-21 before a less than sellout crowd of 13,427 at the Credit Union Centre. Mauro Jorg scored Switzerland's goal.

Canada scored on its first power play as a Ryan Ellis point shot deflected to Eberle, who beat Swiss goaltender Benjamin Conz with a high shot at 3:48.

The goal lifted Eberle into a tie with Jason Allison for second place all-time in points among Canadians with 24. He also tied John Tavares for the goals record with his 12.

GEOFF HOWE/THE CANADIAN PRESS

Team Canada's Marco Scandella, left, is congratulated on his goal by teammate Travis Hamonic during semifinal world junior action versus Team Switzerland in Saskatoon, Sask., yesterday.

Cowboys clinch division, Ravens grab wild-card spot

NFL Dallas won a division title, Baltimore earned a wild-card spot, the Super Bowl champs headed home, and the NFL's last playoff spot went down to the final game.

Next week's first round will include at least two rematches of games yesterday, and possibly three. The playoffs won't include the defending champion Pittsburgh Steelers.

While Tony Romo and the Cowboys romped over Philadelphia 24-0 to help set the NFC matchups, the AFC pairings still were unsettled.

The Ravens (9-7) grabbed one AFC wild-card spot when they beat Oakland 21-13, leaving only Houston and the New York Jets in contention for the other berth.

That left it all up to last night's game between Cincinnati and the Jets at the frigid Meadowlands. New York gets a wild-card berth with a victory, the Texans get it with a Cincinnati win. A Jets victory guarantees they play at Cincinnati in the first round.

Baltimore will be at either New England or Cincinnati in the wild-card round.

THE ASSOCIATED PRESS

m.metronews.ca

Scan this barcode for the most recent Sports updates on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 2

School of Part-time Studies

ALGONQUIN COLLEGE

THIS WINTER,

Boost your Creativity

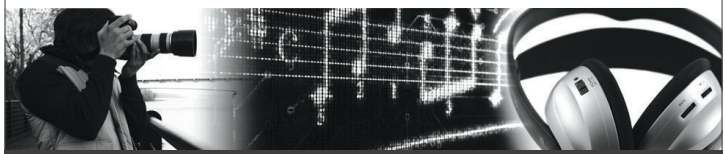
Algonquin College's School of Part-time Studies offers new courses in the arts, design, media, music and more. From certificates in Digital Music Production, Fashion Design and Photography, to courses such as Cartooning, or Becoming a Narrator, there's something to help you enhance your creative side.

Find your course at ***algonquincollege.com/onCourse***
Questions? Contact the School of Part-time Studies at 613-727-7655.

MARK YOUR CALENDAR!

Digital Music Production,
FREE Information Session
Tuesday, January 5, 2010
7:00 p.m. – 10:00 p.m.
Woodroffe Campus
Room T-202

For further information on Digital Music Production, contact Coordinator Rick Lazzara at 613-727-4723 ext. 5799 or *lazzarr@algonquincollege.com*



www.algonquincollege.com/onCourse

Kovalev lights up Flyers

NHL

Flyers 4 Senators 7

AT

Give Alex Kovalev credit. When he breaks out of scoring slumps, he does so in a big way.

The 36-year-old Russian has taken his share of flak in his first season in Ottawa for failing to produce regularly, but yesterday, Kovalev ended a 10-game goal-less drought with four goals in the Senators' wild 7-4 victory against the Philadelphia Flyers.

"All I can say is that it's a good way to start 2010," said Kovalev, who added an assist for good measure.

The goals were his first since he snapped a 16-game drought with a hat trick on Dec. 12 against the Carolina Hurricanes. Not including the three games he missed after the death of his mother-in-law, those had been the only goals he'd scored since Oct. 29 before yesterday.

"Hopefully, that's the way it's going to go for me the rest of the season," he said. "I've been saying before that I'm trying to find the right spot and be in the right spot at the right time. I think today that was exactly what happened. I've been chasing that for many games."

Speaking of chasing, both teams did a good job of doing that to the other's respective starter.

The Flyers' Michael Leighton, who'd been hot of late, was gone midway through the first period after giving up two goals on seven shots.

Ottawa's Pascal Leclaire made it halfway through the game before leaving after he allowed three goals on 10 shots in a back-and-forth contest before a crowd of 17,153 at Scotiabank Place that watched the Senators jump out to a 4-1 lead before squandering it.

The home team then ran away with the contest with three third-period goals.

"It was a weird game all around," said Flyers goalie Brian Boucher, who took the loss after giving up five goals on 26 shots after taking over for Leighton.

"Both of the starting goalies get pulled and we battle back, then unfortunately, they got the better of us in the third. I can't explain really what happened out there. It's disappointing to come back and lose like that."

THE CANADIAN PRESS

It's Called Football

Ben Rycroft

... Will return next week

SCOREBOARD

NHL

YESTERDAY'S RESULTS

OTTAWA 7 Philadelphia 4
Buffalo 1 Montreal 0
Chicago 5 Anaheim 2
Florida 6 Pittsburgh 2

SATURDAY'S RESULTS
Calgary 3 Toronto 1
Vancouver 3 Dallas 1
San Jose 4 Edmonton 1
Carolina 2 N.Y. Rangers 1 (OT)
Chicago 6 St. Louis 3
Colorado 3 Columbus 2
Detroit 4 Phoenix 1
Los Angeles 2 Washington 1
Nashville 3 Anaheim 1
New Jersey 5 Minnesota 3
N.Y. Islanders 6 Atlanta 5 (SO)
Tampa Bay 3 Pittsburgh 1

NBA

YESTERDAY'S RESULTS
Toronto 91 San Antonio 86
Charlotte 91 Cleveland 88
New York 132 Indiana 89
Philadelphia 108 Denver 105
Dallas at L.A. Lakers

NFL

YESTERDAY'S RESULTS
Atlanta 20 Tampa Bay 10
Baltimore 21 Oakland 13
Buffalo 30 Indianapolis 7
Carolina 23 New Orleans 10
Chicago 37 Detroit 23
Cleveland 23 Jacksonville 17
Dallas 24 Philadelphia 0
Green Bay 33 Arizona 7
Houston 34 New England 27
Kansas City 44 Denver 24
Minnesota 44 N.Y. Giants 7
Pittsburgh 30 Miami 24
San Diego 23 Washington 20
San Francisco 28 St. Louis 6
Tennessee 17 Seattle 13
Cincinnati at N.Y. Jets

Independent Learning Centre offers
At the independent Learning Centre, you can earn Ministry of Education credits and your Ontario Secondary School Diploma (OSSD). You can start at any time of the year and can learn from everywhere. See ILC.org. METRO NEWS SERVICES

Workology

Intellectual and technical

Whether applying to a post-secondary institution, or a job training or second career program, being intellectually and technically self-sufficient are valuable and marketable skills. Learners should keep this in mind when they are evaluating the different distance education programs being offered.

NEWS CANADA

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Finding your perfect image

OddJobs

Diane Peters

Metronews.ca/oddjobs

As the new year approaches, everyone's thinking about change. Maybe it's time for a new look, a new image? For Deborah Reynolds, 49, every day at work is about changing how people look and feel.

But her career started in a workplace where how you looked was not so important.

After graduating with a degree in criminology and political science, the Vancouver resident was recruited by Corrections Canada for a job at a federal penitentiary.

Layoffs three years later led her to become an immigration investigator, where she got the chance to travel and help find and arrest major criminals.

But losing her old job "made me realize no job is secure." Encouraged by her father, she decided to start up a business on the side for extra income, and to fall back on if she ever got laid off again.

Her current job satisfied her love of working with people, but it wasn't creative. In her teens she'd loved to paint and draw and experiment with makeup.

So Reynolds took a diploma in makeup artistry on evenings and weekends. After she graduated in the spring of 1990, she began doing makeup for weddings.

But the makeup didn't always make her clients feel beautiful, not matter how great they looked. "It's not just a surface thing, you literally had to shift how they thought about themselves and transform them."

DEBORAH REYNOLDS

So Reynolds kept learning: She took courses in advanced makeup, colour analysis and image and read widely on everything from fashion to self-esteem.

In 1996, she quit her job and incorporated her business. "There came a point where I couldn't do the work anymore. My mind was on my business."

As part of her initial consultation, Reynolds has image makeover clients fill out an exhaustive series of questions about their values and goals.

Then, she spends two full days with them, getting them a new haircut, more stylish glasses, new makeup and new clothes.

But Reynolds also spends time talking to her clients about their internal side and helps them with leadership, time management, networking skills and self image.

Her clients include men and women climbing the corporate ladder who feel their look doesn't reflect their work goals and divorcées wanting to start dating again. She recently helped a single mom who was off work with depression.

When Reynolds is not working with clients, she's marketing her business by attending events, making calls, doing online networking, and writing — she pens articles and is working on a book.

As for her own image? She used to wear long, artificial nails. Now, she keeps her nails trimmed with no polish, wears comfortable but current clothes and light makeup.

"My look is very simple and clean and polished."

The Lowdown

Job title: Image consultant
Education/training: Training or knowledge in makeup, fashion and various facets of self improvement
Best Part of the Job: "Knowing you can have an impact on people's lives."
Worst Part of the Job: "Keeping up on all the marketing."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

SAP Training in Ottawa (BI, HR, BASIS, FICO & ABAP)

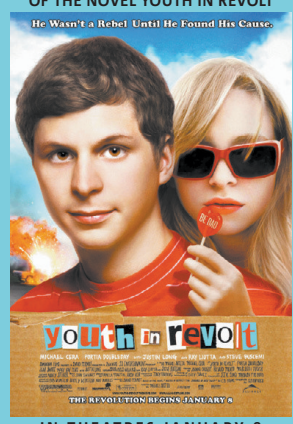
- Instructor-led In-Class and Remote Training
- All Instructors are SAP Certified & Industry experienced
- 100% Career oriented professional training
- 24 hours Remote Server Access
- Provide job Assistance

HRDC/EI Approved • FREE Seminar once in every month

ERP Mastering Inc. 123 Landover Cres. Kanata ON K2M 2W2
info@erpmastering.com • www.erpmastering.com • 613-254-8953

YOU COULD WIN A PAIR OF ADVANCE SCREENING PASSES TO SEE YOUTH IN REVOLT

YOU COULD ALSO WIN 1 OF 10 COPIES OF THE NOVEL YOUTH IN REVOLT



IN THEATRES JANUARY 8

ENTER FOR YOUR CHANCE TO WIN! metronews.ca

ALLIANCE RANDOM HOUSE metro

No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes January 5th 2010 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.

Green jobs, another trend for 2010

Employers will continue to turn some of their focus to the environment in the new year, according to CareerBuilder. Eleven per cent of employers say they plan to add "green jobs" in 2010. "Green jobs" are positions that implement environmentally conscious design, policy and technology. METRO NEWS SERVICES

Job trends for 2010

Some companies plan to look toward the future and make up for lost ground caused by the recession. Here are some of the employment trends for 2010:

Replacing Lower-Performing Employees

Employers are taking advantage of the large number of top talent in the current labor pool to strengthen their work force. Thirty-seven per cent of employers say they plan to replace lower-performing employees with higher-performers.

Emphasis on Social Media to Strengthen Brand

The economy required companies to make some tough decisions about their businesses, which had a negative impact on their brands. Close to four-in-10 employers plan to put a greater emphasis on social media in 2010 to create a more positive brand for their organization. One-in-five employers plan to add social media responsibilities to a current employee, while close to one-in-12 plan to hire someone new.

Rehiring Laid-off Workers

Companies needed to scale their businesses to market last year and four-in-10 employers say they were forced to lay off workers. Among those who had lay-offs in 2009, 32 per cent of employers say they plan to bring back workers with three-in-10 either doing it now or plan to do so in the first six months of 2010.

One main trend for the coming year for companies will be strengthening their brand through social media.

Flexible Work Arrangements

Companies plan to continue providing employees with greater flexibility in hopes of maintaining a better work-life balance. Thirty-five per cent of employers say they plan to provide more flexible work arrangements in 2010, compared to 31 per cent last year. These arrangements include:

- Alternate schedules
- Telecommuting options
- Compressed workweeks
- Summer hours
- Job sharing
- Sabbaticals
- Cutting Benefits

Even as companies look to the new year and toward growth opportunities for their businesses, many are still choosing to trim perks and benefits.

Rehiring Retirees and Postponing Retirement

Companies understand the intellectual capital mature workers bring to their organization and 27 per cent say they are open to retaining their workers who are approaching retirement. Sixteen per cent say they are likely to rehire retirees from other companies in 2010. Additionally, one-in-10 are likely to provide incentives for workers at or approaching retirement age to stay on with the company longer.

Freelance or Contract Hiring

While employers still plan to be cautious regarding the number of full-time employees they add in the new year, many will turn to freelance or contract employees to help keep their businesses moving forward. Three-in-10 employers anticipate hiring freelancers or contractors in 2010, up slightly from 28 per cent in 2009.

Bilingual Recruitment

Employers have identified having a diverse work force as an important measure of success as they begin to rebuild their businesses after the economic downturn. One area they plan to focus on is building a bilingual team. Nearly four-in-ten employers said they plan to hire bilingual candidates in 2010.

METRO NEWS SERVICES

COLLEGE DIPLOMAS IN HEALTH CARE!

- Fitness and Health Promotion
- Medical Office Assistant
- Pharmacy Technician - CCAPP Accredited!
- Personal Support Worker

CALL NOW! 613-722-7811
www.algonquinacademy.com
1644 Bank Street, behind Canadian Tire

Classes start monthly!

ALGONQUIN CAREERS ACADEMY

"YOU CAN'T BECOME WEALTHY IN A RECESSION, RIGHT?" WRONG!

A SLOW CANADIAN REAL ESTATE MARKET COULD BE YOUR FAST TRACK TO BUILDING WEALTH!

Fortunes **CAN** be made in a down economy because the market is positively bursting with **OPPORTUNITY** – If you know where to look and what to do once you've found it. That's what Building Wealth™ is all about!

KNOWLEDGE + OPPORTUNITY = SUCCESS

If you're ready to push back against the recession & control your own financial destiny, you need to attend a **FREE** Building Wealth Workshop.

At this **FREE** Workshop, our Building Wealth team will introduce you to power strategies for making money in today's market, including how to:

- Cherry-Pick Property that Can Produce Cash Flow Immediately
- Fund Your Investments with OPM (Other People's Money)
- Create an Action Plan That Could Carry You to the Success You've Always Dreamed About

2 HOURS COULD START YOU ON THE PATH TO FINANCIAL FREEDOM

Building Wealth is presented by one of Canada's outstanding real estate investment training companies. We've been showing people just like you how to amass wealth in any market condition for more than a decade.

DON'T JUST TAKE OUR WORD FOR IT

Listen to Building Wealth students Jason & Marie D. of White City, SK:

*"Approximately 2 years after we began, we became full time investors. … … There are endless opportunities and possibilities."**

Or this from Tony H. of Airdrie, AB:

*"I have purchased 3 properties…2 gave me money back at closing…"**

NOTHING TO LOSE, EVERYTHING TO GAIN

This market won't last forever. Canadian real estate appears poised for a rebound. When that happens, you don't want to be sitting on the sidelines watching others rake in the potential profits that could have been yours. **ACT NOW** while this opportunity still exists.

FREE GIFT

BUILDING WEALTH™

CD-ROM: Building Wealth with Canadian Govt. Assistance
YOURS FREE FOR ATTENDING!

ATTEND THE FREE WORKSHOP COMING TO THE OTTAWA AREA ON JANUARY 5, 6 OR 7, 2010

REGISTER NOW AT WWW.MYBUILDINGWEALTH.CA
OR CALL 1-800-903-2298

*Results may vary and are not typical. Students have not been compensated for their stories. Students have taken various advanced trainings. Jason and Marie D. attended Wholesale Buying, Lease Option, Keys to Creative Financing, Property Management and Cash Flow, MU, Asset Protection, and Foreclosure training. Tony H. attended Lease Option Training. Additional products and services will be offered for sale. © 2009 Whitney Canada, Inc. All Rights Reserved. 09BWC0016 v1 07/09

School of Part-time Studies

ALGONQUIN COLLEGE

FOR YOUR CONVENIENCE...

Algonquin Courses available Downtown

This winter, **Algonquin College's** School of Part-Time Studies offers French language courses during the week at our downtown location, 85 Albert Street, Suite 501. Also offered is the All-Digital Photo Safari.

Courses:

FLS5233F	FSL Beginner I
FLS5234F	FSL Beginner II
FLS5235F	FSL Intermediate I
FLS5237F	FSL Intermediate II
LAN0019F	FSL - Bilingualism Test, Oral Level B
LAN0020F	FSL - Bilingualism Test, Oral Level C
PHO5600	All Digital Photo Safari - Beginner Level
PHO5601	All-Digital Photo Safari - Beginner Level - Winterlude Nights

For information and to register for downtown courses visit *algonquincollege.com/downtown*

algonquincollege.com/downtown

Room for tradition
Byrne Luft of Manpower sees a future for paper resumés, though. "You still have a group of people who still like to have that piece of paper in front of them." METRO NEWS SERVICES

Could video resumés be the future?

JON TATTRIE
AND BRIAN COULTON
for Metro Canada

The paper resumé may be becoming as dated as the cigarettes and sexism of Mad Men, with websites, blogs and video resumes taking the future of recruiting online.

When Much Music wanted a new VJ, it opened the VJ 2.0 contest to anyone who could wow them with a video resumé. When The Score wanted a new on-air personality, it launched Drafted, a multimedia online contest for the coveted spot.

Derek Snider, host and manager of new media for The Score, says the web has radically changed the way people recruit.

"Broadcasting used to be one of those fields where it wasn't necessarily what you knew, but who you knew," he says, adding that hiring a decade ago would have meant asking around the office. "We wanted to cast a really wide net (with Drafted)."

In some industries the days of the paper resumé may be coming to an end, some experts say.

That web caught 3,000 applicants as the online process opened the door to top talent across the country. Web presence counted heavily and the serious contenders had Twitter-sized bios and video resumés.

"Some were … basically broadcast quality, and that really gave them an edge over some of the other applicants. There were also some videos that were really intriguing, but weren't high-end," Snider says. "We're not (just) looking for a broadcaster, we're looking for somebody who's really comfortable and confident in who they are, and that comes across on camera."

The old ink-on-dead-tree approach just doesn't cut it anymore. "When it comes to broadcasting, it may well be the end of the paper resumé. Video and people that have their own websites and blogs would certainly show us their abilities," he says. "It really shows you what they're capable of, outside of standing in front of a camera and saying the Leafs beat the Canadiens 4-3 last night."

Byrne Luft is vice-president of marketing for Manpower Canada, which just launched Jobs2Web, a tool that allows companies to boost their search-engine presence for job postings.

"When a person is looking for a particular job, our clients' jobs will show up on the first page of any Google, Yahoo, Bing or MSN organic search," Luft explains.

They also broadcast jobs on social media like Twitter and Facebook, which gets them in the minds of people not actively looking for work, but who might be lured into a new position.

Video resumés highlight the applicant's "soft skill abilities" in a more time-efficient way than initial sit-down interviews, he says. It also means a boss can easily forward the link to colleagues who may have a more suitable position.

But there's a huge risk if you don't monitor your online presence and your potential boss comes across photos and blogs that throw an unflattering light on you.

"When candidates come to Manpower, we coach them … to market their personal brand most effectively," Luft says. "If you don't do it in an effective way, it can actually hinder your ability to find employment."

Employers expect uptick in hiring for 2010 year

2010 The encouraging news regarding the economy may be easing hiring fears, as employers signal an increase in their plans to hire in the new year, according to CareerBuilder's 2010 Job Forecast. While employers continue to closely monitor the progress of recovery for the economy, they are beginning to consider hiring strategies designed to preserve the health and growth of their businesses for the future. CareerBuilder surveyed more than 2,700 hiring managers and human resource professionals nationwide across industries.

"Although 20 per cent of employers plan to add headcount in 2010, up from 14 per cent last year, they still remain cautious in regards to their hiring. We're headed in the right direction but should not expect to see actual job growth until at least Q2 2010," said Matt Ferguson, CEO of CareerBuilder.

Even as companies continue to watch their spending, they still plan slight increases to salaries in the coming year. Fifty-seven per cent of employers report their companies will increase salaries for existing employees in 2010.

Thirty-six per cent expect to raise salaries of existing employees by three per cent or more, while 11 per cent anticipate increases of five percent or more.

METRO NEWS SERVICES

Voulez-vous travailler comme infirmière ou infirmière auxiliaire au Canada ?

La Cité collégiale offre une formation d'appoint en soins infirmiers.

Les cours débutent en janvier 2010.

Pour plus d'information, communiquez dès maintenant avec Marcelle Mitchell

mmitch@lacitec.on.ca
613 742-2483, poste 2116

Consortium national de formation en santé
Volet La Cité collégiale

la cité collégiale
Le Collège des meilleures pratiques

Be a Willis Graduate...
...Don't compete with one!

Business Administration Specializing in Accounting, HR or Marketing

(Ottawa) 613-233-1128 • williscollege.com

Ottawa • Smiths Falls • Toronto • Cobourg • Thunder Bay • Barrie • Sault Ste. Marie

WILLIS COLLEGE
OF BUSINESS, HEALTH AND TECHNOLOGY
EST. 1896

Barkley, Weaver to host SNL

Charles Barkley and Sigourney Weaver will host the first two new episodes of Saturday Night Live in 2010. The basketball legend will guest on the Jan. 9 show. On Jan. 16, Weaver, currently appearing in Avatar, will host. EW.COM

Entertainment

Grunge reunion

Former Soundgarden frontman Chris Cornell confirmed via Twitter that the band is getting back together. "The 12 year break is over & school is back in session," Cornell tweeted. EW.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Feel good about getting naked

IAN JOHNSTON
for Metro Canada

To be honest, the series How To Look Good Naked Canada could just as easily be called How To Feel Good Naked Canada.

"The show goes beyond a new haircut or attractive clothes," says Zain Meghji, the ever-present, enthusiastic host of the new W makeover series.

"Granted, it's a TV show. But for the women, it's like going through a personal development course all in one week. There's a psychological aspect to it. And I'm their guide on their journey to rediscover themselves."

Based on the smash hit British version, How To Look Good Naked Canada does in fact deliver on its naughty title — with participating women beginning each episode in their underwear before a full length mirror. What then ensues are some of the usual makeover segments and beauty tips, all culminating in a nude photo shoot.

"Literally, she begins the show stripped down," says Meghji, who has worked as an actor and entertainment reporter for TV's eTalk.

"She's exposed, vulnerable and forced to look at herself and tell us what she likes about her body. Then it's all about accentuating the best, and dressing the rest."

Zain Meghji hosts the new W makeover series How To Look Good Naked Canada.

It can be quite an emotional ride for participating women, many of whom suffer from serious long-term self-image issues. In the premiere episode, for instance, a single Toronto mother recounts the sad story of being called "fat and ugly" by her mother.

Meghji says many participants don't have full length mirrors and haven't looked at themselves in years. "Some women don't even know what they look like. They're making up a story without even looking.

"You gotta look! You gotta accept!"

Not that the show is always successful. Meghji says many participants do feel truly better about themselves by the end of the series. Some … not so much.

"Each woman reacts differently. Some go through it and say — I'm forever changed. But you wonder — are they really?" he says.

"Some you can see in their eyes that they have changed. And some women are resistant even when it's done."

On TV

- Episodes one and two of How To Look Good Naked Canada premieres tomorrow night on W.

PAY-WHAT-YOU-CAN NIGHT

THE NATIONAL ARTS CENTRE ENGLISH THEATRE
PRESENTS/WORLD PREMIERE

NIGHT ᐅᓐᓄᐊᖅ

A collective creation by Human Cargo
Written by Christopher Morris

Photo: Michelle Ramsay

Monday, Jan. 4 @ 8 p.m.
NAC Studio
www.nac-cna.ca
40 years 40 ans
NATIONAL ARTS CENTRE
CENTRE NATIONAL DES ARTS

Castro's Saturday wedding

Jason Castro is a married man, according to tweets from guests at his wedding Saturday. The 22-year-old dreadlocked singer-songwriter, who finished fourth on Season 7 of American Idol, wed girlfriend Mandy Mayhall in his hometown near Dallas. PEOPLE.COM

Griffin's vulgar quip on CNN

CONTROVERSY For the second straight year, comedian Kathy Griffin ushered in the new year by saying something vulgar on CNN.

During the network's live New Year's Eve broadcast from Times Square, Griffin was joking with co-host Anderson Cooper about how to pronounce the first name of "balloon boy" Falcon Heene when she mumbled something that sounded a little like "Falcon" and a lot like the F-word. Cooper hung his head, shook it and said "You're terrible," before resuming his banter.

The network said in a statement Friday that it "regrets that profanity was used during our New Year's Eve coverage."

During the same show a year ago, Griffin gleefully shouted at a heckler in the crowd and made a joke implying that the man performed gay sex acts for a living.

Kathy Griffin

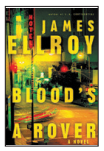
In a statement released by her publicist Friday, Griffin made light of the "balloon boy" joke: "Like every other serious reporter covering the now infamous balloon boy hoax, I struggled to pronounce his name Falcon correctly and have gotten a kick out of how many ways I've heard it pronounced by other serious reporters. Just add me to that list and happy new year!"

Asked whether Griffin would be invited back next year, CNN spokeswoman Shimrit Sheetrit said planning for the 2011 celebration hadn't yet begun. THE ASSOCIATED PRESS

Ellroy shows the dark '60s

Blood's **A Rover**

Author: James Ellroy
Publisher: Knopf
Price: $35 (Hardcover)



FROM THE HEIST that opens this entertaining novel, Blood's A Rover takes readers on a thrilling ride through 1960s America. Completing James Ellroy's Underworld USA Trilogy after American Tabloid and The Cold Six Thousand, this book follows three central protagonists tied to dark back-stories of characters like aviator Howard Hughes and FBI director J. Edgar Hoover, and groups like the mob and the CIA. Written in Ellroy's highly stylized tone, the book captures an equally outstanding and gritty portrait of a country undergoing change.

L.A. **Noir**

Author: John Buntin
Publisher: Crown
Price: $32 (Hardcover)

GOVERNING MAGAZINE writer John Buntin presents a fantastic, well-rounded and researched account of Los Angeles' history between the 1920s and '60s, presenting the metropolis as a true vice city. The chronicle relays the biographies of two seeming opposites, related by outsider status: William Parker, LAPD chief and law enforcement reformer, and mobster Mickey Cohen. Following each man's growth and effect on the city, Buntin explores the L.A. underground.

Last Night In **Twisted River**

Author: John Irving
Publisher: Random House
Price: $34.95 (Hardcover)

NEW HAMPSHIRE'S Androscoggin River is the symbolic title body that flows through the pages of American novelist John Irving's latest. Opening in the mid-1950s, Last Night In Twisted River follows Dominic Baciagulpo and his son Danny, employed in a logging camp kitchen. A water death that opens the novel and subsequent accidental killing urge the father and son to flee the camp, escaping to Massachusetts, Vermont, Iowa and Ontario over the book's 50-year span.

Brian Coulton/for Metro Canada

Book**Picks**

Kenya's**Style**

Kenya Hunt

Exclusively at metronews.ca/globalstyle

mogo
need holiday cash fast?
borrow up to $1500 instantly
apply now!
9 out of 10 approved • get your money as soon as tomorrow • don't payback until the end of January
Maximum Allowable Cost per $100 Borrowed is $21. Our cost per $100 borrowed is $10. Fees on a $300 loan for 14 days are $30. The total amount repaid is $330.
mogomoney.com » the friendliest loan in town

Entertainment in brief

ARREST Police say a man who appeared in a Discovery Channel reality show about crab fishing off Alaska is wanted for three bank robberies and has been arrested. Police in Illinois say they arrested 23-year-old Joshua Tel Warner early Thursday on the Oregon bank robbery warrant after a vehicle he was riding in was pulled over for a routine traffic stop. He was being held on $30,000 bail in the Tazewell County Jail. THE ASSOCIATED PRESS

Box office

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres, according to The Associated Press:

1. **Avatar:** $75 million US
2. **Sherlock Holmes:** $65.4 million
3. **Alvin and the Chipmunks: The Squeakquel:** $50.2 million
4. **It's Complicated:** $22.1 million
5. **Up in the Air:** $11.8 million
6. **The Blind Side:** $11.7 million
7. **The Princess and the Frog:** $8.7 million
8. **Nine:** $5.5 million
9. **Did You Hear About the Morgans?:** $5 million
10. **Invictus:** $4.4 million

THE ASSOCIATED PRESS

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

	DT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	1/4/10	265	353	2	TVO	Time Team (N)		The Agenda With Steve Paikin		Midsomer Murders		The Last Nazis (N)		Agenda-Paikin
		211	331	3	GTV	ET Canada	Entertainment	Heroes (HDTV) Claire is suspicious of Samuel. (N)				Drop Dead Diva "Pilot"		News Hour
		-	-	5	SRC	Virginie (SC)	Les Parent (N)	L'Auberge du chien noir (SC)		Les Boys (SC)	C.A. (N) (SC)	Le Téléjournal Nouvelles. (SC)		La Zone (SC)
		209	342	6	CHRO	Degrassi: Next	TMZ (N)	*Meet Joe Black* ★★ (1998, Fantasy) Brad Pitt, Anthony Hopkins, Claire Forlani.						Comedy Now
		196	311	7	CTV	etalk	Access H.	Law & Order		Two/Half Men	Big Bang Th	CSI: Miami (HDTV)		CTV News
		208	303	8	CBC	Wheel Fortune	Jeopardy! (N)	18 to Life	Little Mosque	Winnipeg Comedy		CBC News: The National		The Hour
		-	360	9	NBC	Wheel Fortune	Jeopardy! (N)	Heroes (HDTV) Claire is suspicious of Samuel. (N)				The Jay Leno Show (N)		News
		117	713	10	TVA	Les Gags	Bloopers TVA	Juste pour rire "Hommage à RBO" (N) (SC)			Sketch Show	TVA nouvelles	Ça pourrait nous arriver ll	
		-	-	11	QS	Wipeout (N) (SC)		CSI: NY "L'intérieur" (SC)		Le Mentaliste (N) (SC)		Guerre clans	L'Attaque à 5	À comm
		137	763	12	TFO	Un monde de passion		Le Naufrage du Bernier		*Le Fils* (2002, Drame) Olivier Gourmet, Morgan Marinne.				Canada
		-	362	13	CBS	The Insider (N)	Judge-Brown	How I Met	Accidentally	Two/Half Men	Big Bang Th	CSI: Miami (HDTV)		Two/Half Men
		216	395	14	OMN2	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
		214	344	15	CITY	Law & Order: SVU		The Bachelor: On the Wings of Love (N)				The Jay Leno Show (N)		News
		115	343	16	CFMT	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
		218	345	18	CHCH	*Dinner at Fred's* ★ (1997, Comedy) Gil Bellows, Parker Posey.				*Serving Sara* ★ (2002, Comedy) Matthew Perry.				News at 11 (N)
		-	361	20	ABC	Action News	Entertainment	The Bachelor: On the Wings of Love (N)				Conveyor Belt of Love		News
		512	396	24	CPAC	Ministres	Présid	Heure polit.	L'Heure politique				Tête-à-tête	Podium
		651	355	25	CTS	Little House on the Prairie		Dr. Quinn, Medicine Woman		100 Huntley Street		Life Today	This Is Day	John Hagee
		-	365	36	FOX	TMZ (N)	Foot. Pregame	(8:15) College Football Tostitos Fiesta Bowl -- Boise State vs. Texas Christian. From Glendale, Ariz.						
		-	-	64	PBS	Business Rpt.	Wings-Canada	Antiques Roadshow (N)		This Emotional Life "Family, Friends & Lovers" (DVS)				Charlie Rose
		205	312	104	CTV	etalk	Access H.	Law & Order		Two/Half Men	Big Bang Th	CSI: Miami (HDTV)		CTV News
news		502	390	26	NW	Connect Today's biggest stories. (N)				CBC News: The National		Beatles Rocked the Kremlin		National
		500	500	33	CNN	CNN Tonight (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
sports		406	417	27	net	Hockey	Skiing	Billiards: US Open 9 Ball		Best Damn Toughman		Sportsnet Connected		Prime Time
		126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
		400	280	30	TSN	NHL Hockey Boston Bruins at New York Rangers. (HDTV) (Live)					SportsCentre		That's Hockey!	SportsCentre
		410	403	52	SCR	RaceNight				(9:15) WWE Monday Night RAW				Score Now
family		411	457	56	OLN	Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters		Destin. Truth
		417	406	59	SC	Pass Time	Pass Time	SuperCars	SuperCars	Barrett-Jackson		Barrett-Jackson		Car Crazy
		554	544	48	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
		557	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
		551	542	65	YTV	Scorpion	Scorpion	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz (N)	To Be Indie	Prank Patrol
cable variety		570	580	29	MM	The Daily Fix		Ranked!		Fabulous Life Of...		Entourage	Wild 'n Out	mmtop10.ca
		615	520	31	A&E	Criminal Minds (HDTV)		Intervention (HDTV)		Intervention "Sarah" (N)		Hoarders "Deborah; Jim"		Hoarders
		628	584	32	SPKE	UFC Unleashed		TNA Wrestling Hulk Hogan will make his first live appearance on Total Nonstop Action.						Unleashed
		521	560	34	TLC	Little People	Little People	Little People	Little People	Cake Boss (N)	Cake Boss	World Chocolate		Little People
		145	761	35	TV5	Les Carnets du bourlingueur		Des racines et des ailes				Club social	Urbania	TV5 Le Journal
		616	521	39	SHO	Relic Hunter		*The Suspect* (2005, Suspense) Jamie Luner.				Bones		NCIS
		620	523	40	BVO	Ex Machina in Russia		A Bronx Dream		Saturday Night Divas		Altered by Elvis		Law & Order
		520	505	42	DIS	Discovery: 15 Years		MythBusters		Man vs. Wild "Texas"		Dirty Jobs "Glass Maker" (N)		Discovery: 15
		575	583	43	CMT	Due South		Amer. Funniest Home Videos		Gilmore Girls		*Broken Bridges* ★ (2006, Drama) Toby Keith.		
		601	562	45	SLC	Rich Bride, Poor Bride		Nearly Dead	Newlywed	Tori & Dean-Sweet Hollywood		How To Make Love-Wife		ET Canada
		625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	The Red Green Story		Daily Show
		294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		*The Wood* ★★ (1999, Drama)		
		600	564	49	H&G	House Hunters	Property Virgin	For Rent	Income Prop.	Marriage	My First Place	House Hunters	House Hunters	Holmes-Homes
		627	528	50	SPC	Stargate Atlantis (DVS)		*X2: X-Men United* ★★★ (2003, Fantasy) Patrick Stewart, Hugh Jackman, Ian McKellen.						*Alien Siege*
		581	566	53	MTV	Over the Bolts	After	Cribs	Parent Control	Teen Mom		Super Sweet	Teen Cribs	MTV Live
		618	524	54	TROP	Re-Vamped		Parking Wars	Parking Wars	Flipping Out (N)		Launch My Line (N)		Prod. Parker
		522	506	55	HIS	(6) Dogfights		Greatest Tank Battles		Lost Worlds		Shockwave		Tank Battles
		129	773	60	CD	Portraits (HDTV)		Ça bouge en grand (HDTV)		Dévoré vivant (HDTV)		Autopsie (HDTV)		C'est incroy
		261	394	61	V	Murder, She Wrote		Husband & I	Wait for God	CBC News: the fifth estate		Unscripted	Archaeologist	Poltergeist
		602	567	62	W	Supernanny		Dine With Me	How Clean Is	Love It or List It "Shanahan"		Love It or List It		Confidential
		269	350	70	APTN	Hockey	Shaputuan	Notre Peuple "The Experimental Eskimos"			*Esperanza* ★★ (1994, Aventures) Randy Quaid.			
		621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV)		The Dr. Oz Show (N)		TMZ
		603	561	95	FN	Ricardo	David Rocco	Restaurant Makeover		Top Chef Masters		Pitchin' In	Glutton	Restaurant

critics'corner

Little Mosque on the Prairie
Remember that charity boxing match that the Rev. Thorne tricked Amaar into taking part in? Amaar managed to land a few good punches on Thorne, and he feels terrible about it. He's going to feel worse, though, when he discovers that Thorne is faking his injuries to make him look bad in this new episode. 8:30 PM on 8 CBC

18 to Life
In this new sitcom, lifelong friends Jessie and Tom want to get married. Their parents aren't thrilled. For one thing, the kids are only 18. For another, their families are as different as night and day — his folks are conservative and straight-laced, while hers are free spirits. Yes, this could be fun. 8 PM on 8 CBC

Accidentally on Purpose
Romantically stranded by her pregnancy, Billie tries to live vicariously through Zack and Davis by giving them relationship advice, but the situation takes an unforeseen turn when the objects of the boys' attention reveal their own intentions in "The Love Guru." 8:30 PM on 13 CBS

It's going to be called *Solteras*

Jennifer Aniston has big plans for the new year, and they don't involve acting. "If all goes well I hope to open a Mexican restaurant in New York City in 2010," Aniston tells the Daily Mirror. METRO WORLD NEWS

Celebrity Buzz

Elton John helps Eminem battle drugs

HE WON'T LET THE SUN GO DOWN ON HIM Elton John is there for Eminem, who is battling a drug problem, people.com reports.

"I've been helping Eminem over the last 18 months and he's doing brilliantly," John says, reports the British Press Association.

Speaking to BBC Radio 5 in the U.K. on Saturday, John, 62, who has freely spoken about his own past issues with substance abuse, said: "I'm there if people want my help. If people ask for help you tell them where to go but there's no point advising people if they don't want to do it."

In May, Eminem admitted he'd suffered from a devastating drug addiction that led to him downing as many as 20 Vicodin, Ambien and Valium in a day.

"The numbers got so high," he told Vibe magazine, "I don't even know what I was taking."

Following his first stint in rehab in 2005, the rapper, 37, said he nearly overdosed after an acquaintance gave him unidentified blue pills, which a doctor later told him were actually methadone.

METRO NEWS SERVICES

Attorney: Police won't drop Sheen charges

'UH, JUDGE JUDY, THERE'S A GUY NAMED CHARLIE ON LINE ONE...' Brooke Mueller may want to drop the restraining order made against husband Charlie Sheen after their Christmas Morning row, but prosecutors likely don't need her help to go after the Two and a Half Men star since her initial accusations were so serious, defense attorney Roy Black tells Good Morning America.

"There's no question they can proceed without her cooperation because they can use her statements, her 911 call," Black says. Meanwhile, sources say the troubled couple is heading for divorce court.

"Brooke's been wanting a divorce for at least two months, but she was holding out until Charlie signed a new contract," a source tells E! News.

METRO WORLD NEWS

Was Madonna behind Kate and A-Rod's breakup?

THREE STRIKES, HE'S OUT Kate Hudson ended her eight-month relationship with Alex Rodriguez because of his infatuation with ex Madonna, according to OK! Magazine. The Yankees slugger and the pop star had dated prior to he and Hudson getting together, and Hudson was reportedly irked that Rodriguez was still keeping in touch with his ex.

"Kate was mad with jealousy," a source says. "She gave A-Rod three chances to stop contacting Madonna. She said that if Madonna is what A-Rod wants, then she can have him."

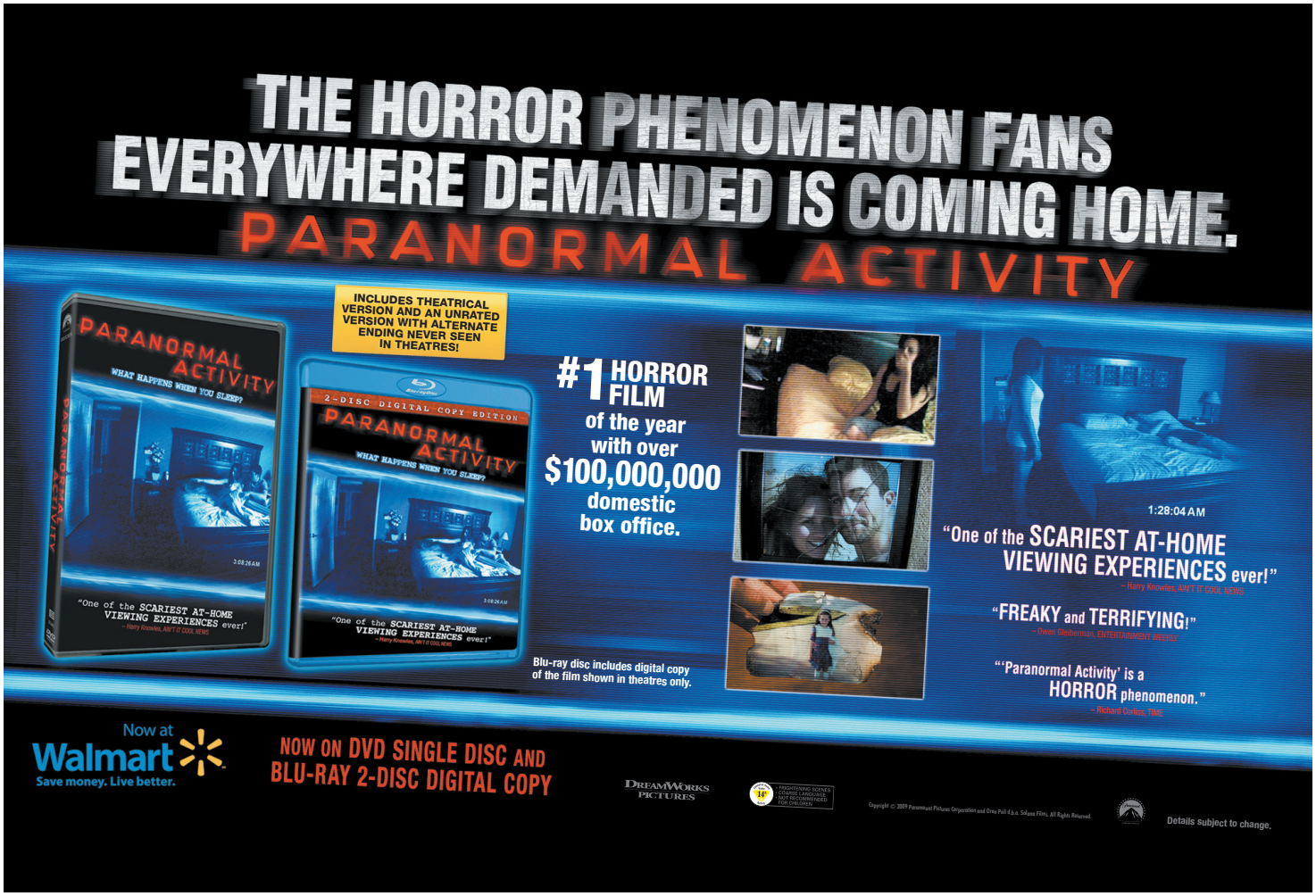
METRO WORLD NEWS

Celebrity tweets

Nick Cannon heads east, Paris Hilton is baffled by the cold weather in Aspen, Jonathan Ross wants to be nicer, and Jane Fonda goes to some interesting parties.

- @NickCannon On my way to China as we speak. Hopefully I can tweet from over there! BOSS UP!
- @ParisHilton It's snowing really heavily on the mountain. I hate skiing in the snow, it's much more fun when it's a bit sunny out. I'm cold :(So brutal.
- @wossy I have decided that one of my New Years Resolutions is to stop scowling at the paparrazzi. Wish me luck.
- @Janefonda Sean Penn brought Mickey Avalon to our xmas party. He sang "Do The Jane Fonda" and I danced. Fun!!!

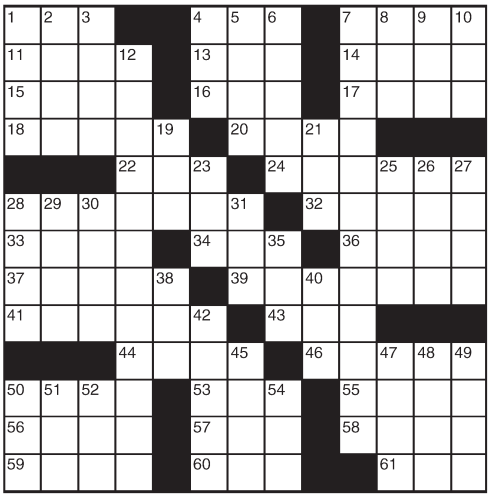
METRO NEWS SERVICES



The Weather Network
©The Weather Network 2010
Today 60% Flurries -3° / -4°
Tuesday Partly sunny 1° / -4°
Wednesday Variable -1° / -8°
You have voted us #1 for best forecasts on TV. Thank you Canada!

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



ACROSS

1 Peculiar
4 Bikini half
7 Poet Angelou
11 Satirical comic Sahl
13 "— the ramparts ..."
14 Mid-month date
15 Celebrity
16 Witty one
17 Last year's frosh
18 Skewered entree
20 Mineral hardness scale name
22 Apprehend
24 Toy (with)
28 Sheriff
32 Did a cobbler's job
33 Composer Khachaturian
34 Catch some rays
36 Require
37 Stiff
39 Lustrous, in a way
41 Meryl Streep's alma mater
43 Hawaiian garland
44 Overly confident
46 Fake drake
50 New Zealand bird
53 Bow the head
55 Coffee
56 Reverberate
57 Raw rock
58 Mideast sultanate
59 Night light?
60 Fresh
61 Wapiti

DOWN

1 Siberian city
2 Be too fond
3 Colorless
4 Violinist's need
5 Paper quantity
6 Shop talk
7 City in Orange County, Calif.
8 Commotion
9 "Uh-huh"
10 Blond shade
12 Message
19 "Hum-bug!"
21 Storefront sign abbr.
23 Cudgel
25 Run off
26 Ogler's look
27 Vortex
28 Sportscaster Albert
29 Met melody
30 "Before," in an Alger story
31 — Vegas
35 Zero
38 Weir
40 Started
42 Talk nonstop
45 Former veep
47 Arrived
48 Elliptical
49 Tug hard
50 Trivia maven Jennings
51 Lemieux milieu
52 Which person
54 Morning moisture

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

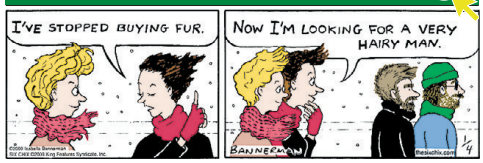
2						4	7	
	6	5			8			
		8			4	5		
5				9			2	
	8	9				7	6	
	3			5				1
		7	2			6		
			6			3	5	
	5	1						7

BOXING DAY'S CROSSWORD AND SUDOKU ANSWERS:

2	5	4	3	9	1	6	7	8
6	1	8	4	7	5	2	3	9
7	9	3	2	8	6	4	1	5
1	2	6	9	4	3	8	5	7
8	3	5	7	1	2	9	4	6
4	7	9	6	5	8	3	2	1
3	6	7	5	2	9	1	8	4
5	8	2	1	6	4	7	9	3
9	4	1	8	3	7	5	6	2

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Greek-style Pizza

INGREDIENTS:

2 tbsp (25 mL) olive oil
1 tsp (5 mL) balsamic vinegar
1 small red onion, thinly sliced
1 large ready-made pizza base, or two small pizza bases
3 tbsp (45 mL) sun tomato paste
8 cherry tomatoes, halved
1 3/4 oz (50 g) sun-dried tomatoes in oil, cut into thin slices
12 pitted black or green olives
5 oz (150 g) feta cheese, crumbled

METHOD:

1. Preheat oven to 425°F (220°C). Whisk 1 tbsp (15 mL) oil and vinegar in bowl, add onion rings and toss to coat. Leave while you prepare remaining ingredients.

2. Spread pizza base with sun-dried tomato paste. Arrange onion rings and cherry tomatoes on top, then scatter with sun-dried tomato slices, olives and feta cheese. Drizzle remaining oil over pizza.

3. Put pizza directly on to top shelf of oven, putting baking sheet on shelf below to catch any drips. Bake 10 minutes or until base is crisp and topping lightly browned. Season with ground black pepper. Cut into wedges and serve.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You should be making plans to do with your work and your career, not only for the next few weeks but for the whole of 2010.

TAURUS ♉
APRIL 21-MAY 21
You have fixed opinions about certain issues and what happens in the wider world this coming week will confirm that you are right in your beliefs.

GEMINI ♊
MAY 22-JUNE 21
Flattery will get you everywhere today. You will know just the right thing to say to influence important people.

CANCER ♋
JUNE 22-JULY 22
What you have to say today may be important but not nearly as important as the way you choose to say it.

LEO ♌
JULY 23-AUG 23
Common sense should tell you that certain routines and methods don't work as well as they once did and need to be replaced.

VIRGO ♍
AUG 24-SEPT 22
Today's Sun-Mercury union will help you make whatever changes you think are necessary in your lifestyle, your career and your relationships.

LIBRA ♎
SEPT 23-OCT 23
It would appear that you have been taken advantage of one time too many and now you intend to turn the tables.

SCORPIO ♏
OCT 24-NOV 22
Others may be impressed by your air of self-confidence but what they don't realize is that on the inside you are trembling with fear.

SAGITTARIUS ♐
NOV 23-DEC 21
The cosmos is trying to show you that happiness comes not from having what you want in life but from wanting what you already have.

CAPRICORN ♑
DEC 22-JAN 20
A Sun-Mercury union in your sign means there is no better time to confront your doubts and fears and break their hold over you.

AQUARIUS ♒
JAN 21-FEB 18
Fate is pointing you in a certain direction and you have no alternative but to move in that direction, not in the future, but now.

PISCES ♓
FEB 19-MARCH 20
This is a good day for making plans but it is an even better day for planning things with your friends.

FLIGHT CENTRE Unbeatable
Orlando $49* Travel Jan 15 - Jan 22/ts + taxes & fees $237
Cancun $165 Travel Jan 9 - Jan 16/wg + taxes & fees $272
INCLUDES roundtrip air.
1 866 720 4853 | flightcentre.ca
Conditions apply. Ex: Ottawa. *Ex: Montreal. Air only prices are per person for return travel. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. wg=sunwing, ts=transat. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384 TICO

This day in history

1493: Christopher Columbus leaves the New World, ending his first journey.
1762: England declares war on Spain and Naples.
1847: Samuel Colt sells his first revolver pistol to the United States government.
1865: The New York Stock Exchange opens its first permanent headquarters at 10-12 Broad near Wall Street in New York City.
1974: United States President Richard Nixon refuses to hand over materials subpoenaed by the Senate Watergate Committee.
1975: Elizabeth Ann Seton becomes the first American-born saint.

METRO NEWS SERVICES

Appy New Year!
Metro
Available on the App Store

LAURIER OPTICAL

www.laurieroptical.com

YEAR END CLEARANCE

70% OFF

All 2009 Frames Must Go!
Pay only 50% for your lenses

PLUS

NO DISPENSING FEES, NO TAXES!

Over 2,000 models to choose from. Best models go first! Sale is based on a first come first served basis. All 2009 frames are 70% off. New arrivals with a pink tag are 50% off. Lens treatments and extra features available upon request for a minimum extra cost. (Ask about our coating super packages). See store for details.

NEW!

BURLINGTON, Mapleview Mall (905) 681-0999
141 Laurier / Elgin, (613) 231-2555
Rideau Centre, Next to Sears second floor (613) 569-2222
St Laurent Mall, Next to Sport Chek (613) 741-4448
Place d'Orleans, 2nd Floor / Food court (613) 841-9999
Carlingwood Mall, (613) 761-9999
725 Somerset St. W, China Town (613) 236-2222
54 Elgin St / Queen, (613) 235-8888
Hunt Club, Towngate Mall (613) 521-8884
Billings Bridge Plaza, (613) 523-7772

Kanata Centrum Mall, Next to Rogers (613) 599-9599
Barrhaven, Near Walmart (613) 843-1333
Renfrew, 108 Raglan St. S (613) 432-4488
Kemptville, Kemptville Mall (613) 258-2700
Hull, 101-295 St-Joseph Blvd (819) 771-2222
Gatineau, Promenades de l'Outaouais (819) 246-2222
Cornwall Square, 2nd floor / Charms.. (613) 930-2222
Brockville, 358 Stewart Blvd / Swiss Chalet (613) 345-1119
Kingston, Cataraqui Centre / 2nd floor The Bay (613) 546-4444
Belleville, Bell Tower Plaza (613) 967-0000
Oakville, 261 Oak Walk Dr near Walmart (905) 257-6991

Mississauga, Mavis & Britannia / Best Buy (905) 568-8899
St. Catharines, Pen Centre / The Bay (905) 988-9797
Marche Central, (514) 384-1117
Centre Eaton, (514) 842-9200
Lasalle, Next to Famous Player (514) 363-4000
Laval, Carrefour Laval (450) 902-1000
Fairview Pointe-Claire, (514) 695-2555
St-Bruno, Promenades St-Bruno (450) 653-5959
Lachenaie, Carrefour Lachenaie (450) 582-7522
Trois-Rivières, Les Rivières (819) 693-8888
Repentigny, Galeries rive Nord (450) 582-8882